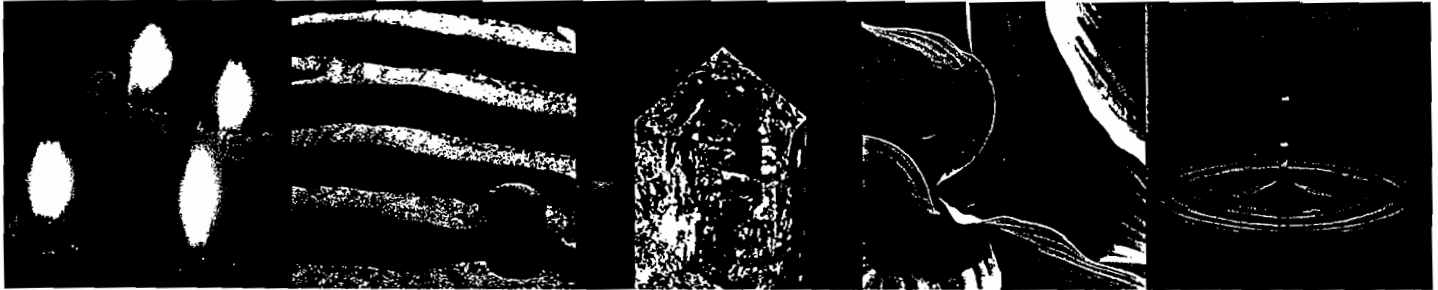


Appendix 1: 2005 Canadian Spa Industry Conference & Expo

LEADING SPAS OF CANADA

THE BUSINESS OF WELLNESS

elements of strategic success



2005 CANADIAN SPA INDUSTRY CONFERENCE & EXPO

APRIL 10 - 12, 2005

MARRIOTT EATON CENTRE HOTEL • TORONTO, CANADA

Connect with the elements you need to bring healthy inspiration to your bottom line.

Meet the leaders, discover the resources, and experience the dynamic alchemy of visionary speakers such as world-renowned, inspirational presenter **Dr. Lance Secretan**, winner of the International Caring Award (the US equivalent to the Nobel Prize), and spa industry icon and active environmentalist **Horst Rechelbacher**, founder of Aveda International.

Through keynote addresses, innovative workshops and panel discussions, *The Business of Wellness* promises to deliver on all the elements of success: strategic and leading edge business ideas as well as an array of experiential elements that enrich and fulfill the complete spa experience.

This event sells fast so register today and let the elements of inspired wisdom deliver YOU with strategic success.

REGISTER TODAY

www.leadingspasofcanada.com 1-800-704-6393

FOUNDING SPONSORS



**Appendix 2: News Release Agreement for the
Decade of Sport and Culture Reached**

Appendix 1: Agreement for the Decade of Sport and Culture Reached



News Release.....

FOR RELEASE #04-115
May 27, 2004

AGREEMENT FOR THE DECADE OF SPORT AND CULTURE REACHED

WHITEHORSE – The Department of Tourism and Culture has given \$157,000 to the Yukon Arts Centre to help plan and implement community cultural initiatives associated with the Decade of Sport and Culture.

“The Decade of Sport and Culture will be an enriching experience for Yukon and an opportunity to express our culture to a wider national audience leading up to the 2007 Canada Winter Games and beyond,” Tourism and Culture Minister Elaine Taylor said.

“The funding will be used to draw attention to the Yukon’s arts, heritage and cultural industries.”

The Yukon Arts Centre, in consultation with Yukon First Nations and community partners, will develop cultural programming for the Decade of Sport and Culture and ensure the spread of benefits throughout the Yukon to provide a lasting cultural legacy

The program will include an array of cultural activities that will inspire Yukon artists to create work that reflects our unique heritage, art and culture.

In addition to the cultural initiatives, the department has contributed \$43,000 to the Yukon Convention Bureau to position the Yukon as a favorable location for sports and cultural events.

The bureau will provide bid support for test sports events leading up to the games, learning-based experiences involving performing arts, museums, culinary experiences or shopping and other convention/event opportunities.

-30-

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Decade of Sport and Culture Backgrounder

The Decade of Sport and Culture will offer Yukoners an unprecedented opportunity to celebrate sport and culture for the next decade and beyond including the 2004 Canada Senior Games, the 2007 Canada Winter Games in Yukon and the 2010 Winter Olympics in Vancouver.

In order to support the Decade of Sport and Culture, the Department of Tourism and Culture and the Department of Community Services are contributing to a wide range of community-based sport and cultural events through several funding programs.

Best Ever Program

The Best Ever Program is part of the Yukon's sport development strategy that contributes \$120,000 to:

- the preparation of athletes and coaches who will represent the Yukon in the 2007 Canada Winter Games
- enhanced sport delivery systems
- enhanced community capacity for greater sport participation
- increased opportunities for First Nations and other under-represented groups to participate in sports throughout the Yukon

Culture Quest

The Yukon Arts Centre, in consultation with First Nations and community partners, will develop cultural programming for the Decade of Sport and Culture with a contribution of \$157,000. This will ensure the spread of benefits throughout the Yukon to provide a lasting cultural legacy.

The program will include an array of cultural activities that will inspire Yukon artists to create work that reflects our unique heritage, art and culture.

Sport Marketing

The Yukon Convention Bureau (YCB) is leading the charge to position the Yukon as a favorable sport and culture event location. The Yukon government has contributed \$43,000 for sport marketing and to help secure test events required for the upcoming Canada Games.

The first test event secured by the YCB was the 2004 Western Canadian Gymnastics Championships held in Whitehorse April 15 – 18, 2004.

Appendix 3: Healing destinations and the natural environment



Travel with a Challenge
Countries and cultures, cruises, and
nature vacations for mature travelers.

Tell your friends

Add to Favorites

Site navigation

WELLNESS VACATION IN IS A BIG HIT IN HAWAII

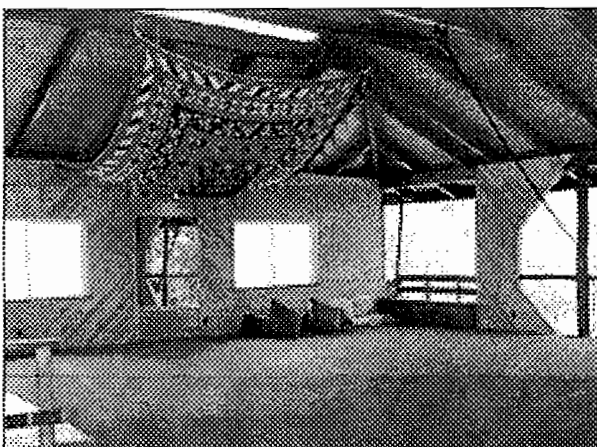
Going Way Beyond the Spa

Researched by Travel with a
Challenge editor, Alison Gardner



*LaStone massage is a spa
Aloha Body Therapy*

If anyone feels the need of an original excuse to visit the Hawaiian Islands, their growing expertise in **Health and Wellness Vacation** services provides an ironclad argument for packing a suitcase any time of year. Increasingly attracting an older clientele, the life enrichment or personal improvement travel market is blossoming on every island with a very personalized, diverse collection of accommodations and services.



*With 1,420 ft of "sprung" floor, the Yoga Oasis
elevated studio is a unique feature of this Rio Island*

The menu of expertise for physical improvement is impressive: from massage therapists to personal trainers and chiropractors, from nutrition consultants to aroma therapists and herbalists, to acupuncturists, yoga and aquatic bodywork specialists. There are also many accredited specialists throughout the islands to help short term clients address emotional, metaphysical and spiritual challenges as well as relationship issues.

YOU ARE HERE > [Home](#) | [Western Cape](#) | [Overberg](#) | [Stanford](#)

HOME PAGE

HEALTH & WELLNESS

- [Welcome](#)
- [Images](#)
- [Location](#)
- [Getting there](#)
- [Town Map](#)

Distress and revitalize in a tranquil village

The peace and tranquility are very conducive to distressing, general well being and health.

The peace, tranquility, natural beauty and positive aura of Stanford have drawn a wealth of health and wellness practitioners to the village. These include the alternative holistic therapies of crystal and herb treatments and reiki.

WHERE TO STAY

Accommodation

[Beauty & Health Treatments \(1\)](#) [Medical \(4\)](#)

WHAT TO SEE AND DO

- [Events](#)
- [Attractions](#)
- [Adventure & Sport](#)
- [Dining & Entertainment](#)
- > [Health & Wellness](#)
- [Visitor Services](#)

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Official visitor, events and conference website for Cape Town & the Western Cape, South Africa

QUICK

Region
[Stanford](#)

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Stay
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room type

for

Accommodation
[\(All\)](#)

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CURRENCY

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Home

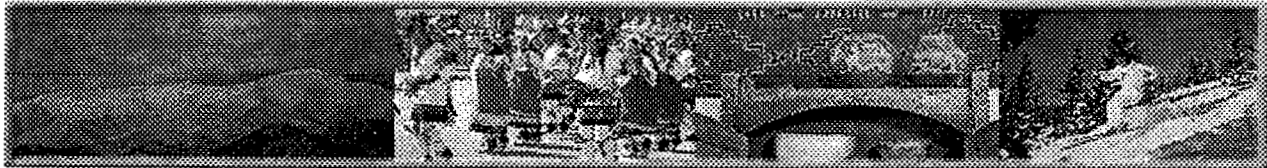
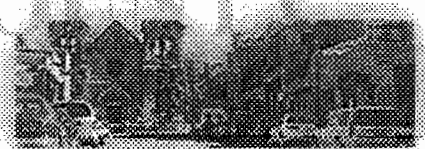
- [Useful travel information](#)
- [Getting around](#)
- [Things to see and do](#)
- [Things not to miss](#)
- [Routes to Explore](#)
- [Regions and Towns](#)

About Events



SANTA FE COUNTY

Chamber of Commerce



Site Navigation
[Home](#)

Health and Wellness

Santa Fe developed a reputation as a healing destination in the early part of the 20th century when railroads first allowed visitors from the East Coast to enjoy the clear healthful air and quiet rural lifestyle. The reputation of the city as an art colony attracted many creative individuals who were seeking tolerance, open space and low stress surroundings. More recently, healers and therapists representing a variety of disciplines have made Santa Fe their home, and the area enjoys a worldwide reputation as a destination for healing. Traditional medicine is also well represented in the Santa Fe area.

St. Vincent Hospital was established in 1865, and has been caring for the community and northern New Mexico for more than 130 years. Originally run by the Sisters of Charity, today's St. Vincent is a nonprofit, nonaffiliated hospital with a board of directors. Its mission is to care for all the people of Santa Fe, northern New Mexico, and southern Colorado regardless of their ability to pay.

Other disciplines represented include:

- [Chiropractors](#)
- [Acupuncture](#)
- [Spas](#)
- [Fitness Centers](#)
- [Tourism Activities - including wellness services](#)
- [Medical Services](#)
- [Psychologists/Psychotherapists](#)
- [Health & Well Being](#)
- [Health Care Centers](#)
- [Medicinal Herbs & Products](#)
- [Optometrists](#)
- [Hypnotherapists](#)
- [Pharmacies](#)
- [Medical Laboratories](#)
- [Nonprofit Organizations](#)



Hotels and Resorts in the Santa Fe area with spa facilities include:

- [Inn and Spa at Loretto](#)
- [La Posada Resort](#)
- [Ten Thousand Waves Japanese Health Spa](#)
- [Bishop's Lodge](#)
- [La Fonda Hotel](#)
- [Eldorado Hotel](#)
- [Ojo Caliente New Mexico spa and resort](#)

All businesses listed above are members of the Santa Fe Chamber of Commerce.

Appendix 4: Wilderness spas



Beautiful World

SAH NAJI KWE WILDERNESS SPA & MEETING PLACE

Nurture yourself on the northwest shore of Great Slave Lake,
Northwest Territories, Canada.



The ultimate experience - A wilderness spa

Slide back in time to the formation of earth herself, and enjoy the healing comfort of our wilderness spa. Located at the edge of the glacier-carved Canadian Shield, with pristine Great Slave Lake just steps away, Sah Naji Kwe offers the ultimate wilderness spa experience.

A natural deposit of marine glacial clay

Clay is Mother Earth's own skin; strong, supple and enduring. The clay deposit at Sah Naji Kwe was created and cleansed by the purifying forces of wind and water. This natural deposit of marine glacial clay in its pristine granite setting retains a nurturing, therapeutic power to rejuvenate your body and revitalize your soul.



The natural world of Sah Naji Kwe

Our summer days last up to 22 hours. Smooth on a coat of healing clay and relax on the sun-warmed granite. Absorb the flow of the natural world around you, and bathe in the warm shallows of Great Slave Lake as eagles and Arctic terns soar above. In the evening, by late August, watch the spectacular show of aurora borealis, the northern lights.

- * Woodland walks and hikes
- * Birdwatching
- * Canoeing Great Slave Lake

Sah Naji Kwe offers

- * Wilderness Spa Experience
- * Bathing in marine glacial clay, right at its source
- * Wood-burning Sauna
- * Massage
- * Reflexology
- * Breath Integration Therapy
- * Meditation

Accommodations at Sah Naji Kwe

- * Heated, fully-equipped tent-frame cabins
- * Meeting facilities for up to 25 persons
- * Women's programs
- * Traditional knowledge programs
- * International visitors welcome

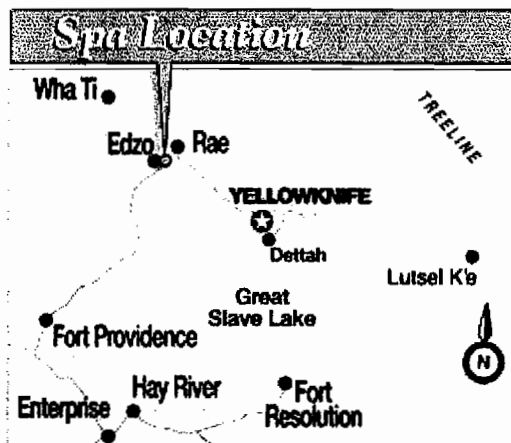
On the menu at Sah Naji Kwe

- * Wholesome, nutritious and low fat North American style meals, including
- * Steamed Great Slave Lake whitefish or lake trout
- * Homemade cranberry bannock
- * Plentiful salads, some with northern fixings and herbs
- * Northern delicacies: buffalo, moose, caribou
- * Traditional drymeat and dryfish, when available
- * Special menus on request, including vegetarian, oriental



Location

Sah Naji Kwe Wilderness Spa and Meeting Place is on the northwest shore of Great Slave Lake, west of Rae, the largest Dogrib Dene community (pop. 1800) in the Northwest Territories. There is daily jet service from southern Canada to Yellowknife, 80 km east. Or drive from Alberta or British Columbia on the NWT's Mackenzie Highway system.





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Journeys of healing,
connection and awareness

New

Vision Quest - Rite of
Passage

Dreaming the Spirit of the
Land

Rediscovering Earth's power
to bring us back to the true
and the real

Finding support in nature for
our difficult transitions

Reconnecting with the
ancient roots of humanity's
wisdom

At the end of his
distinguished life probing
the wisdom of world
mythology, Joseph
Campbell was asked what
could be our best road to
peace. "Travel," he
answered unequivocally.
"Learn someone else's
language," he urged. "See
the planet. Make friends
everywhere."

Click here to read about our
connection with Ed Tick's
Sanctuary International



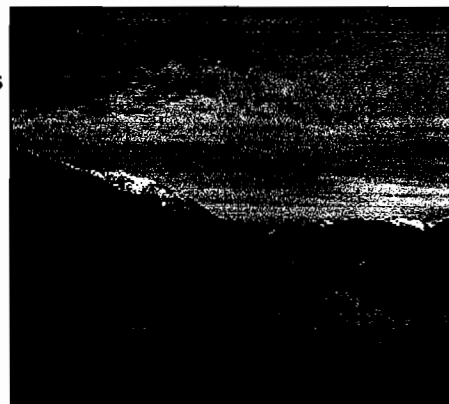
Welcome to Dancing Mountain

Imagine a secret place, deep in the rugged mountains of southeastern British Canada - a place of snow-capped peaks, vast wilderness and deep glacial environment in which Dancing Mountain was born in 1987.

It arose from a dream where urban people surrounded by chaos and alienation come to learn new life skills and discover deeper meaning in their lives and themselves - a place where our sacred connection to the Earth, our selves and others, could be renewed and healed.

Our Teachers - Wilderness, Culture, History and Mythology

For centuries the wilderness has been a place of spiritual quest and purification. This awareness crosses cultures and transcends politics. The wilderness is a place where we have to give up the illusion of control, where perspectives shift, and where values change. It is a powerful crucible of transformation.



The rich variety of global cultures, especially the indigenous ones, offers fascinating windows into different ways of interacting with the world. These societies have often proven themselves by existing for many thousands of years without degrading the planet and putting its very existence at risk, as they can serve as powerful models of how to live - and how not to.

Our own ancient Western history, sadly unknown to the vast majority of us, shining examples of the heights that civilization and culture can attain - of the greatness that humanity can achieve when it focuses its energies, priorities, resources in a positive way. Much of this knowledge is elusive and hard to find does not find its way into school textbooks.

Through mythology, we gain access to the deep voice of the human soul, the archetypal stories of the universal human experience on this Earth. Learning to understand our lives from a mythic perspective can lead to profound reconciliation and healing.

In this spirit, we offer two journeys in the summer of 2005:

An eleven day Vision Quest/Rite of Passage, for those seeking to explore a

their life direction and purpose, and a ten day journey of exploration through magnificent landscape and intriguing cultures of one of our most beautiful valleys entitled Dreaming the Spirit of the Land -The Silvery Slocan and Slocan Lake

5871

visits since April 17, 2004

Logo photo Andre Virly © 2004
Slocan Lake photo by Tom Hopkins © 2005
Text and Website design by Andre Virly © 2005



Rose Hip Body Specialized Medical

- The Hills Health Spa
- The Spa
- Health-Wellness
- Weight Loss
- Specials
- Whats New
- Restaurants
- Price Book
- Treatments
- Special Events
- Weddings & Meetings
- Getting Here
- Brochure Request
- Our Snow Fun
- Our Horses

Introduction

It is the mission of all those who work at THE HILLS HEALTH RANCH to ensure that the spa experience at our unique award winning wilderness & adventure spa, is a holistic health & wellness experience based upon your deeply personal needs for RELAX-ATION, REFLECTION, REVITALIZATION, & REJOICING!!

We have taken the time to carefully research the world to understand the 10 domains of the spa experience and present them all to you in one place, at one time, for your personal healing and your personal enjoyment. The spa experience at THE HILLS HEALTH RANCH is designed to address your needs for inner peace, your needs for new strength, with renewed energy and power to handle the ongoing & continuous stresses of your daily life.

*Its time
To inve
To inve*

You are surrounded by over 20,000 acres of rich Canadian wilderness & ranchlands in the middle of a working cattle-ranch , that present fabulous views, hiking, canoeing, biking, & winter skiing and snowshoeing!! But, beyond our fabulous environment, our deeply rooted commitment is to provide you with a harmonious human environment, arising from our desire to personally care and nurture you, ensuring that you have a memorable spa vacation experience with us!!.

The following series of spa experiences defines who we are and what we believe in, to continue to bring the best opportunities in Canada, for your next "healthy" spa experience!!!

Create your own vacation package

RESERVE
ONLINE
Click Here

**NEW!!!
Shop online**

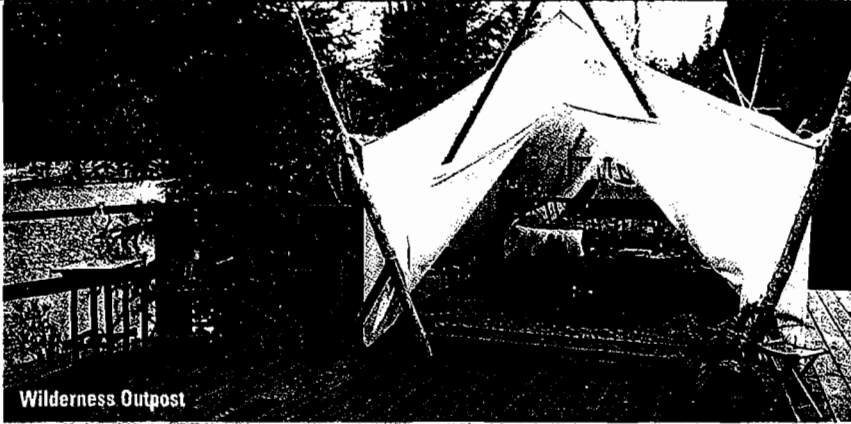


Google Search

© WWW © TheHills



ROUGHING IT IN STYLE



Wilderness Outpost

Meeting and incentive travel planners will admit to having an "ace in the hole" property, one that can be used again and again for incentives or corporate getaways with stellar results. For some planners, the Clayoquot Wilderness Resorts fill this role.

These two upscale hideaways are surrounded by thousands of acres of pristine provincial park land overlooking Vancouver Island's western shoreline, and sit amidst the world's largest remaining temperate rain forest—described by some as the upside-down rain forest because it's lush with wildlife and flora and fauna growing at ground level for easy viewing.

Guests can meander from the 16-room Floating Resort at Quait Bay to the 4,500-sq. ft. conference centre and Healing Grounds Spa on shore by a series of gangplanks and docks. Whale watching and horseback riding are the strongest attractions, though guests take to sailing, kayaking and mountain biking with near equal zeal.

The rustic elegance of the Wilderness Outpost at Bedwell River is another

option for nature lovers. Modelled on northern New York State's Rockefeller Summer Camp at the turn of the 20th century, the Outpost's sleeping arrangements—26 people in eleven white canvas prospector tents—might put off the less hardy among us, that is, until they peek inside. Mounted on wooden platforms, the tents' soft sidewalls are flanked by exquisite antique furniture rest on beautifully designed carpets and come equipped with remotely controlled propane powered stoves and AC power (though oil lamps are often preferred).

The resort features world-class four star cuisine, noteworthy for fresh bread, deep-dish pies and roasted game prepared on large outdoor stone ovens. Rates include the 35-minute return flight from Vancouver to Tofino, plus a 30-minute boat ride to the resort.

Laura Van Driel, publicist for the resorts, says corporate demand is high. "It's definitely the luxury market for people looking for a unique experience they can't get anywhere else," she says, adding that the resort targets groups willing to take over the entire resort.

THE SOUNDER

WINTER 2003



CLAYOQUOT WILDERNESS RESORTS & SPA NEWSLETTER

VOLUME 4

FEATURES

High Fashion Goes Wild



Page 3

Outpost Going to the Dogs



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New Ultra-luxe Winter Escape 8

Restoring the Bedwell Basin

Clayoquot Wilderness Resorts' owner, The Genovese Family Trust recently embarked on a five-year plan to restore 6.4 kilometres of critical spawning habitats in the Bedwell River Basin. A private sector initiative conceived and led by resorts GM John Caton, that is being welcomed and applauded by Provincial and Federal agencies and First Nations leaders, and is as far as we know, the only one of its kind in British Columbia.

At first glance, a pedestrian eye couldn't see that the beautiful, tranquil Bedwell River is in need of any measure of rescue. Those responsible would argue that it is at all, for left to its own it may recover somewhat. But even a small improvement would take centuries.



With improved off-channel spawning habitats, Bedwell Bears like this one will have more salmon than ever to feast on.

What we do know for sure is that logging and mining activity that occurred there since the late 19th century, severely impacted critical salmon spawning habitats in the valley, just north of the Wilderness Outpost,

destroying much of the off-channel spawning and rearing habitat for salmon and trout. Fallout from these activities ultimately impacted the up-slope, riparian (diverse bank and shoreline area) and stream ecosystems and

continued on page 4

Raptor's Rhapsody

You wouldn't be wrong if that call of the wild you hear at the Wilderness Outpost at Bedwell River next season is particularly poignant. If all goes according to plan, those calls will come from one of many raptors staged there in Transition Flight Pens built by the resorts for OWL – the Orphaned Wildlife Rehabilitation Society, headquartered in Delta, British Columbia.

OWL is an internationally known society for birds of prey (raptors), a non-profit charitable organization and education facility with a mandate to provide care and rehabilitation to injured and orphaned wildlife, with priority given to protected species.

Growing in direct proportion to



O.W.L. released this rehabilitated bald eagle into the wilds of Quait Bay this summer.

the negative impact urban encroachment has on endangered raptors, is the importance of OWL's Return To The Wild program.

Prior to entering into this landmark joint-venture with Clayoquot Wilderness Resorts & Spa, OWL had no resources to build or operate much

continued on page 4

QUAIT BAY

2

Longhouse Loves a Party

The cedar longhouse hosted some incredible parties this season. It's nine-foot wide copper-hooded firepit, a 60 by 15 foot window on the

bay and incredible acoustics made for some pretty fabulous summer concerts. One family flew 50 people from Chicago to Quait Bay for a wilderness

wedding of a lifetime. Corporate takeovers were all the rage in the spring and fall, when blue-chip companies like Land Rover, E-Trade and

Lam Research put our facilitators to the test. Apparently we passed, as Lam Research presented us their first ever "Superior Service Award"

Lam Research team takes a time-out to scavenger hunt in the rainforest.

Play time for big kids and "big cheeses".



Mrs. Shalan Hazelwood, nee Duchossois kicks up her heels with Cowboy John at her August 31 wedding reception in the Longhouse.

Cast of Characters

With each volume of the Sounder, we shed light on the private side of a chosen staffer. In this issue, we introduce *two* personalities. The men at the helm of two favourite pastimes – the undertaking of adventure, and the consumption of

wine. The adventure guy, Dickson Coatsworth, just finished his third full season with us. The wine guy, Ron Gibson, just completed lap one of what we hope will be a long run.



Dickson Coatsworth

Dickson was a man-about-town disk jockey before he came to Clayoquot Sound in 2000. If you hail from Guelph, Ontario, you might have heard him making waves on Magic 106.1 FM radio. For a taste of Dickson's silky smooth talking ways, simply call the resorts 250.726.8235 number off-hours and be crooned to. Dickson spends plenty of time in the office, spelling John, Adele and

Courtney, fielding questions and solving problems. But to most guests, Dickson's the guy that comes around mid-meal in the evening, clipboard in-hand, to weigh all manner of wilderness possibilities. And, before you know it, you're signed up for a morning with "Cosy" the whale whisperer (sorry John, you've been residing at the Outpost all summer), who will pull out all stops to find "Two Dot Star" or another of a handful of resident 35-ton greys. Or maybe a morning on the chuck with "Chuck" is more to your liking. Whatever the case, come morning, Dickson will be there on the deck, along with your gear – smiling, waiting, smiling, smiling. Did I say smiling? Dickson does a lot of that, and he means it. He's found his Shangri-La here in Quait Bay. Far, far away from the static of the biz and the city.

Footnote: *I couldn't get him to give up his age (a dozen years either side of 30) or anything much else for that matter. He'd just smile and sashay his way around the questions. I have a feeling Dickson is sitting on some pretty good material.*



Ron Gibson

New to the resorts this year is our wine guy, Ron Gibson. Unlike most staffers, Ron didn't travel far to get here. A mere four-hour drive north from Victoria was all it took to land one of the country's most knowledgeable gourmands of the grape. Ron's story is an interesting one. To put it mildly, he's morphed a bit

since he landed here for an interview that sunny day in the spring. It's only fair to point out that he ran in different circles before gearing down to Tofino time. Ron was a wine consultant to Vancouver Island's top-shelf restaurants and boutique purveyors, so it didn't seem odd to him to arrive at Quait Bay all spiffed up in suit and tie with brogues a'polished. And there, at the top of the ramp was Dickson, smiling – no smirking. And so began Ron's journey from slicker to sailor – one that has taught him to drive a boat, load hay, wear "jeans", like to wear jeans, sleep in a tent (albeit a luxurious one), weather a storm, and share a beach with a bear. Old habits die hard though; if you're up early enough, you can still find Ron in the laundry room – *ironing* his denim shirt.

Footnote: *Unlike most creative souls, Ron can access and function at optimum speed, using the other side of his brain as well. Lucky for us and for guests, he's a tech whiz. And, on those days when the high-speed satellite internet throws a shoe, Ron's worth his weight in icewine.*

High Fashion Goes *Wild*

In February of this year, we received a call from retail giant Neiman Marcus's Creative Director, Margo Weathers. She was determined to shoot the much-anticipated fall 2003 *Book*, or catalogue in a remote wilderness location, among really big, ancient

trees. Margo read about the Outpost in *Robb Report* magazine and was inspired to investigate. One truth behind the illusion of fashion on demand is that fall is spring and spring is fall, so of course they wanted to shoot their September book early in April.

Fair enough, but the Outpost wasn't set-up in April. The untamed wilderness would just have to do – and so it did. After a week long high-fashion, high-speed adventure that was more fun than any of us denims imagined – it isn't everyday that cover models visit the

resorts – we closed the book on the *Book*. Recently, Margo sent us some great behind the scenes shots of our time together and reported that a few of the 18 Clayoquot pages were among the top 20 most popular of the season. Such is the power of the rainforest.



Behind the scenes: Fashion's tour-de-force takes on the forces of nature.



Inspired pages from the Neiman Marcus September 2003 Book

SPA NEWS

The Healing Grounds Spa just finished its first full season of operation - and what a season. The most popular treatments were dictated by the activity schedule. Fatigue from long hikes on the Wild Side Trail, erased by deep Swedish or hot stone massage. Food and wine fatigue, cured by long drawn out spa manicures and spa pedicures (a.k.a. hand and foot facials). We needed the season to tell us where to go from here, and now we know. The 2004 season will see the addition of a yoga/massage platform situated on-shore, on the far side of the waterfall-fed pool.

Another will sit under canopy of the rainforest, just up the hill. Two, cabana-style structures, sheltered from the elements and stray breezes, but open to 360° views of the bay and surrounding fern gardens. During high season, and at the request of guests, morning yoga classes will be offered on the platform by the bay. Also in 2004, we will be introducing a program of trainer-led multi-sport circuits designed to provide so-inclined guests (moderate and advanced skill levels) unique, super natural opportunities for personal training and improvement.



Hot Stone's a hot item on spa menu

BEDWELL RIVER VALLEY

4

Raptor's Rhapsody continued from page 1

needed flight pens in wilderness areas where specific species should be returned after rehabilitation. Prior to return, rehab raptors must spend at least two supervised weeks in flight pens, being acclimatized to the sights and the sounds of their new surroundings. On-site cameras and other monitoring equipment will keep OWL staff in Delta apprised of raptor progress, and in touch with resort staff at all times.

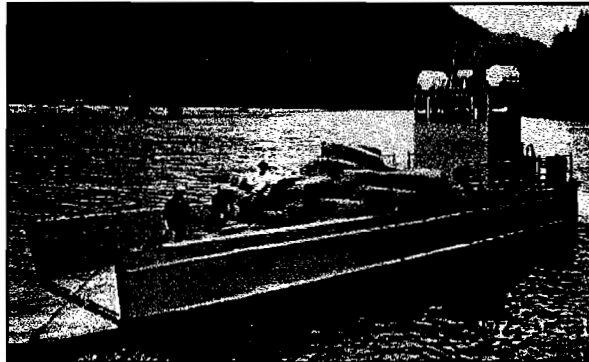
Already, one such raptor, a female bald eagle, long-recovered from a lung infection, was released into the Clayoquot Sound Biosphere, from our Quait Bay property. That release took place late September, 2003, the very day that inspired GM John Caton and resorts' owner, the Genovese Family Trust, to support OWL Executive Director, Bev Day, through this very important environmental initiative.

Field of Dreams

About two-miles up-valley from the Outpost, at the head of the alder-canopied dirt road, a chartreuse 'fuzz' appears on the horizon. It's hay — baby hay. Millions of hayseeds scattered over 25-acres this past September 1st declare in no small way, a major victory in the battle to restore the Bedwell Basin. Not three years ago, the 75-acres of scrub that sat at the edge of the old-growth forest was little more than a reminder of logging-gone wrong. To some, it was a jumble of stumps and decaying wood, but to GM John Caton, it had the makings of a dream come true. The beginning of an end to the unsavory 100-mile truck-barge-truck tradition of delivering hay to 20 horses stabled in the shadow of the mountains behind the Outpost. Come spring, the upper valley will be a vast blanket of green, and shortly thereafter, the first Bedwell harvest will come in. Granted there have been rumblings from Chef May that he may borrow an acre or two for his long-awaited organic garden, but with another 30-acres of scrub to be cleared over the winter, we're certain John won't mind.



Making way for baby hay.



Restoration will keep summer-dry channels like this one habitable all year.



Restoring the Bedwell Basin continued from page 1

affected not only the productivity of the river, but the ecology and wildlife of the entire watershed.

Guests of the Outpost see plenty of salmon running and plenty of black bear along for the ride, what they don't see however, is the inability of sections of the Bedwell River to nursery the spawn. Gone are the off-channel, riffle and waddy debris habitats that provide critical spawning and rearing shelter — all lost as a result of channel widening.

Fish populations in the Bedwell Basin have declined drastically over the past 20 years, so that today, Chinook are at critically low levels. A sad statistic given that the Bedwell River estuary was once a favoured fall fishing camp site of local First Nations, and elsewhere in the sound today, Coho and Chinook run in record numbers.

Phase one of the project will address the restoration (led by a team of biologists) of 1.6 kilometres of spawning habitats, which would support 700-800 spawning pairs of Coho, and 11,000-12,000 Coho fry. That might not sound like much, but it's a start. A start to a 24-hour a day, seven day a week commitment to monitor, record, amend, and restore, at great expense, one tiny wounded corner of the rainforest.

Mike Wright, BSB, an independent biologist contracted by the resorts to oversee the restoration project, who through his work with forest companies, governments and title-holders throughout British Columbia, has seen these problems from all angles as well as from both sides of the fence. Mike doesn't wax poetic about much, but he is keen to sing the praises of the resorts, saying "for somebody in the

private sector to step up to the plate in this way is remarkable. It is what impressed me the most about an enhancement project that will go a long way toward restoring the Bedwell River Watershed to a more productive state."

From our work with him we've learned that today, repairs to similarly damaged fish habitats are typically funded by the provincial government's Forest Investment Accounts (percentage of stumpage fees paid by forest companies). Unfortunately for us and other resorts committed to environmental responsibility, there is no retroactive application of that funding process. When considered in context though, the resorts' restoration project is a small price to pay for the chance to work and play in the best intact example of a temperate rainforest left on earth.

Our Private Island



Behind the scenes filming "Your Private Island"

How serendipitous that we end the year as we started it – with a high-energy film crew on location at the resorts. But, unlike our spring fashion foray, these high-heat, late summer pictures were *moving*. Not nearly as fast as we all were – up valley, down

river, across the miles, over the ocean; whatever it took to capture those magic moments for some 14 million Fine Living Network viewer households – but fast. We can't say much about our exciting 30-minute on-location segment of "Your Private

Island", as it hasn't been aired yet, but we can tell you to tune-in, cause it's going to be great.

Premieres December 28th
Fine Living Network
(check local listings or visit
fineliving.com for air times)
Direct TV chanel 232

High Flying Entertainment
Delta Airlines will be airing our
"Your Private Island" segment
in-flight, in 2004. Watch for it!



"Wake us when it's time
for our close -up"



FISH TAIL

**If it's cutthroat trout
you're after, best get a
head-start up to the
lakes.**

**Otherwise, make room
for Ebony, the grand
old lady of Quait Bay.
She loves going fishing,
especially the part
where she gets to
chase the trout around
the bottom of the boat.**

**But don't worry you
(probably) won't tip
over.**

We likely couldn't find any science to support our theory, but we know it to be true. The corporate groups that worked and played at the Outpost this season can attest, that there is something about the dance of soft, white light that filters down through the great ivory canvas tents at the Outpost that fuels creative thinking, that speeds synapse. Combine this visual stimulation with the ambient, auditory pleasures of the breeze directing the play of the leaves, and the sensory mix is intoxicating. How lucky are we to convene a full-on a/v in a meeting tent, or sit in a library tent,

White Light Inspires Creative Thinking



Thinking Outside the Box Comes Naturally at Unique Outpost Venue

accompanied only by our thoughts and the whistle-whip of the windmill, checking email via high-speed satellite? Lucky ... and enlightened.

If your group is interested in convening a small or medium-size corporate retreat, custom-designed to foster team-building, brain-storming, or simple decompression en-masse, please contact our Corporate Sales Director. We now have corporate and group service representatives in New York, California, California and Vancouver, and it would be our pleasure to receive your inquiry. Call Sue Bosdet directly at 403.949.4902.



Local Flavour

Pear and Parsnip Soup

with truffle oil and oregano

One of Chef May's most requested recipes

Because you won't have Chef's house-made vegetable broth as a base, results may vary. An excellent soup none-the-less. Chef recommends organic ingredients.

3 lbs parsnips, peeled & diced	1 bunch oregano
2 medium onions, diced	olive oil
3 stalks celery, diced	truffle oil
3 pears, diced	sea salt
3 cloves garlic, minced	black peppercorns, crushed
2 litre vegetable broth	warmed soup plates

Cut parsnips, onions and celery into thumbnail size pieces. Pre-heat the stockpot, adding enough olive oil to cover bottom. Once hot, add the prepared vegeta-

bles, garlic, oregano and sauté until transparent. Deglaze stockpot with vegetable broth and bring to boil. Simmer until soft. Puree soup until smooth

then pass through a medium strainer. Return to heat and season to taste. Garnish with truffle oil and fresh oregano. Serves four.

Entrée Canada & Resort Chef Collaborate on Gourmet Getaway



Chef May at Katherine King-Adams' floating garden

Following a long-simmering but very successful association with Entrée Canada - one of North America's top-drawer purveyors of luxury travel packages—the resorts joined forces with a handful of other four-star properties and experiences to build Entrée's *Adventures for the Gourmet* excursion to Vancouver, Whistler, and Vancouver Island.

It is hard to be precise about just what constitutes the *Clayoquot Wilderness Resorts & Spa* leg of the west coast excursion, but suffice it to say that it is deliciously diverse.

"The tastes of our Entrée Canada culinary adventures linger" says CWRS Executive Chef Timothy May, "In more ways than one. Guests leave us with a definite understanding of the relationships that help define the resorts food and beverage programs. And as self-pro-

claimed 'foodies', they passionately crave the 'insight' (mechanics and magic of sourcing, preparation and presentation) and care as much about it as what is set down in front of them."

What is perhaps most impressive about the *Adventures for the Gourmet* partnership is that it affords Entrée Canada clients a kind of instant cache and back of the house access generally reserved for long-time friends of the Chefs. And to foodies, that's a bit like lacing up with the Great One.

For detailed information regarding Entrée Canada's unique *Adventures for the Gourmet* package, visit our website at wildretreat.com.



ENTRÉE CANADA

Grape News

Wine guy Ron Gibson announced recently that he's planning on hosting over 400 wine labels at Quait Bay next season, over 50% of which will be from the Pacific Northwest. And of those 200

labels, about 150 will be from BC wineries. These stats will put the resorts into the enostratosphere, placing our wine program firmly alongside the top five or six in the province.

We haven't yet found a way to cellar that many bottles at the Outpost, but we are sending Ron over for a time in May, to get their Five-Course BC Wine Pairing Dinners up and running.

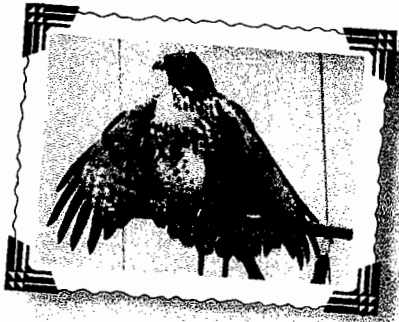




Family Album

New guide dogs Sassy and Buddy with Chad and John Caton. Baby Joey missed picture day. Veteran Bandit isn't impressed.

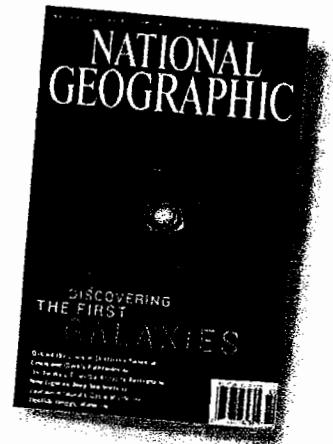
Red-tailed hawk, Hannah II, hatched May, 2003 lives in a flightpen at the Outpost. Soon she'll be posing with guests.



Upside Down Rainforest

In February of this year, in a brilliant piece entitled "Pacific Suite", *National Geographic* magazine enlightened and informed millions about the 900,000-acre Clayoquot Sound Biosphere. Exploring the delicate balance of what readers come to know as the "upside-down rainforest", the beautifully photo-illustrated, hyper-researched documentary explores the decade-long transition from one natural resource-based economy - commercial logging and fishing - to another, more sustainable natural resource-based economy of eco-tourism. Even those of us who spent this decade leading the charge, learned so much from the read. We salute *National Geographic*

for spreading the word about this and other super natural environments. If you aren't a subscriber, you should be. At the very least, visit your local library for a back-issue.



KIDZ KORN ER

The Beautiful Butterfly

re-told from the original by RG

Once upon a time in a tranquil river valley meadow, there lived a butterfly. To all her friends—the field mice caterpillars, bumblebees and ladybugs—she was known simply as "Beautiful" because of her magnificent colourful wings and sparkling antenna. But Beautiful was very sad because she wanted to be known to one and all for more than just her beauty.

One hot and dry September afternoon, thunder clouds

rolled in over the meadow and Beautiful and her friends witnessed a magnificent summer storm. Thunder clouds clapped and great bolts of lightning reached down from the sky. One bolt touched down at the edge of the meadow and, because the grass was so tall and so dry, set off a brushfire. Beautiful and all of her friends were very much afraid. The fire was spreading quickly, and Beautiful knew that if someone didn't find a way to stop it

soon, the beautiful river valley meadow and every creature living in it would be lost.

Beautiful thought hard about what to do, then decided to fly as fast as she could to the neighbouring rainforest and enlist the help of her feathered friends. So, accompanied by the eagles, the herons and the hawks, Beautiful flew off in search of a raincloud.

Soon, they found a big fat grey cloud just about to open up over the mountain peaks. They leaned up against the cloud and flapped their wings harder than they ever had before—

pushing the big fat raincloud overtop of the burning meadow.

And just in time. For seconds later, the great cloud burst, sending millions and millions of rain drops down to the ground below. The fire went out and the tranquil river valley meadow and every one of the field mice, caterpillars, bumblebees and ladybugs who lived there, was saved.

And from that day forward, Beautiful became known to her friends for more than just her colourful wings and sparkling antenna. Because 'beautiful' really best described the brave heart and creative mind of one very special butterfly. —The end



Appendix 5: *Arts at the Roundhouse* health and wellness product

Residencies

Are You Inspired To... Take a Breath?

COMMUNITY PLAY RESIDENCY

Opening sessions, May 29 and June 5, 2:30-4:30pm in the Dance Studio
The Roundhouse is working with theatre artists Valerie Methot, Jeremy Baxter and Chandra Lesmeister to involve community members in the creation and production of a community theatre installation piece. This project focuses on community building through the process of developing a "community play" – by taking a communal breath.

Our objective is to involve up to 100 community members representing all ages, cultures, occupations etc., to be performers in a play (no prior experience required) to: create and prepare a one-minute monologue involving the breath – for instance – spoken word or song; build, develop and perform original "stories" while working in mentorship with experienced theatre artists; and perform six public showings.

Phase One-Outreach and Recruitment: Interested community members are invited to informal information and "audition".

More info:

Valerie Methot at
604-713-1800 or
Amir Alibhai at
604-713-1807



Roundhouse Community Dance Workshops

This important Roundhouse dance residency, begun back in the Spring of 2000, brings together a community of non-professionals in the processes of dance. The Roundhouse Community Dancers want to continue as a group, working as a partner with the Roundhouse Community Center. Are you interested in being part of this?

This Spring and Summer you will be given the opportunity to work with Vancouver dancers and choreographers, including David Murray Smith and Philip Clement, and with others in your community, to experience dance in a more interactive way than is permitted in more traditional

Rhythm, Movement and Memory

Tuesdays, April 13-June 15, 1:30pm-3:30pm, Dance Studio
FREE with valid membership
For people age 50 years and older

Rhythm, Movement, Memory is a new residency created by dancer Santa Aloï, directed at people over fifty who want to move, dance and play with rhythm in a safe environment. Participants will be gently guided to investigate the creative potential of their body as an expressive and percussive instrument. Dancers will identify their own natural body rhythms, discover the extent of their range of vocalization and develop their own movement language. Live musicians will accompany some of the workshops. No dance experience necessary. Wear loose, comfortable clothing. Bring your body, your voice and your creativity as well as any portable musical instruments you may have.

dance workshops and to discover the art of dance from the inside. Coming together, you will deepen your understanding of the place of dance in the world and in your own life and will experience the basic processes of dance creation and production. As a group, you will generate, develop and assemble dance material together that may lead to public performances. No previous experience is necessary to participate.

Youth Week

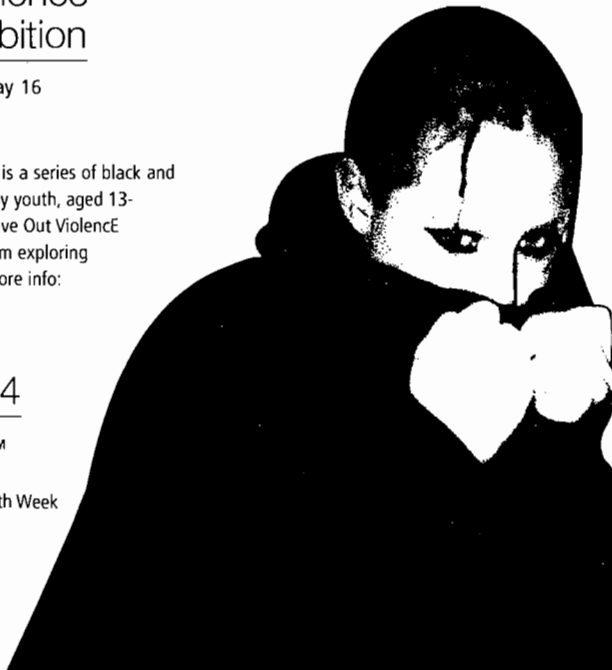
Leave Out Violence (L.O.V.E.) Exhibition

Saturday May 1-Sunday May 16
Opening May 3, 5PM
Great Hall

The Leave Out Violence exhibit is a series of black and white photographs, produced by youth, aged 13-19, who participated in the Leave Out Violence (LOVE) Photojournalism Program exploring the issues of youth violence. More info: www.leaveoutviolence.com.

Youth Vibe 04

Saturday May 8, 12-11PM
Performance Centre
Closing celebrations for Youth Week



ENVISION PRESENTS

Emotions

Monday May 3
-Saturday May 8,
11AM-8PM

Opening:
May 3, 6-10PM

Exhibition Hall

FREE

In the spirit of Youth Week, a dynamic group of young people from John Oliver High School has come together to coordinate a show that will profile young Vancouver artists in a variety of styles (formats, genres, traditions), from painting, to sculpture, to graffiti art. Envisions is a partnership with the Roundhouse, City of Vancouver Youth Outreach Team and the Vancouver Board of Parks and Recreation.

Speaking from our Art

SHOWCASING WORK BY ALTERNATIVE SCHOOL

Tuesday May 11-Friday May 14, Exhibition Hall
Opening Performances: Tuesday May 11, 7PM, Perf

Over 500 Vancouver School District students in 28 Alternative Schools will showcase their artistic work, and communicate their ideas through an exhibition, a philosopher's café, and performances.

**Appendix 6: Glossary of common complementary and
alternative (CAM) terms**

Glossary of Common Complementary and Alternative Medicine (CAM) Terms Used in the Spa, Health and Wellness Industry Terms¹

Acupressure

(Spa Canada) Based on the acupuncture system, fingertip massage frees the body's energy channels, or "meridians", for a relaxing and energizing treatment.

(E-spa) Finger massage designed to release muscle tension and promote healing by applying pressure to "energy points" or "meridians" in the body. The pressure applied to these vital points (the same points used in acupuncture) was identified by medical practitioners in China centuries ago and is believed to improve the flow of energy (chi) throughout the body. Similar in many ways to Shiatsu.

(YWHN) A wholistic therapy that works on a person's "Qi" energy and the ying yang relationship in the body using pressure and touch along the bodies meridians.

Acupuncture

(E-spa) An ancient oriental healing technique discovered and developed more than three thousand years ago, acupuncture is based on Taoist philosophy. The aim is to balance the energy meridians to permit the body to "heal itself. A relatively painless technique, it is administered by inserting fine needles at key points of the body that relate to different organs in order to relieve muscular, neurological and arthritic problems, cure disease and relieve pain (as in surgery). Alternative related techniques include the use of low voltage electric current (electro acupuncture), or pinpoint massage (acupressure) to those key body points.

(YWHN) Fine needles are inserted into specific points on the body for 15 – 20 minutes. This stimulates the life force or "Qi" in the body, re-harmonizing mind, body and spirit. In some instances, burning an herb called moxa on these points is done instead of inserting a fine needle.

Aerobics

(Spa Canada) Rhythmic exercises, set to music, which stimulate the aerobic capacity of heart and lungs, and burn fat. Aquaerobics sets these exercises in a pool, using the support and resistance of water.

(E-spa) A series of rhythmic exercises, set to music, used to stimulate the aerobic capacity of heart and lungs, burn fat, and improve endurance. These movements are fully supported by oxygen delivered to the working muscles by the blood circulation. Examples of aerobic activity include walking, ballroom dancing, and steady, slow jogging.

¹ This glossary contains terms compiled from Yukon Wholistic Health Network (YWHN), SpaCanada.com, and Experiencespa.com.

In contrast to aerobic activity, anaerobic exercise involves muscular work that is not fully supported by the oxygen available from the circulating blood. Activities like weight lifting, bodybuilding, and sprinting (100-yard dash) have a large anaerobic component. (See also Low-impact aerobics)

Allopathic Medicine

(E-spa) A method of treating disease with remedies that produce effects different from those caused by the disease itself.

Applied Kinesiology

(YWHN) A.k.a. muscle testing: it uses light but firm pressure on indicator muscles related to organs and body systems for assessing the patients condition or needs.

(E-spa) The study of muscles, especially the mechanics of human motion.
Kinesiology

(Spa Canada) A method of muscle testing by which to diagnose and treat disease, based on the understanding that virtually any diseased area will manifest through 'body language', or a specific muscle weakness. By strengthening certain muscles, stimulating meridian points, and diet, kinesiology helps to restore the body's structural, mental and chemical balance.

Aquatic Rehabilitation

To restore to good health or useful life through aquatic therapy and education.

Aromatherapy

(Spa Canada) A full body massage using scented essential oils and light, smoothing movements - a combination of Swedish, Shiatsu and lymph drainage techniques. Different oils are used for different therapeutic benefits.

(YWHN) Oils of aromatic plants, which are known as essential oils. Essential oils are highly concentrated substances and have a marked affect on the Body, Mind and Spirit.

(E-spa) An ancient healing art dating back to 4500 B. C., Aromatherapy usually refers to treatments such as massage, facials, body wraps or hydro baths with the application of essential oils from plants, leaves, bark, roots, seeds, resins and flowers. These oils are used to treat emotional disorders, organ dysfunction, and skin problems through a variety of internal and external application techniques.

Plants and flowers from which these oils are extracted include rosemary, lavender, roses, chamomile, eucalyptus and pine.

Art Therapy

(E-spa) Characterized by the use of symbolic communication presented by graphic, pictorial, sculpted, modeled, collage-composed, or other art media. Art expression involves a confrontation with the psychic images of the realm of inner perception.

Astrology

(E-spa) The study of planetary (and heavenly) influence on human psychology, character, and relationships.

Attunement

(E-spa) To bring the whole person into harmony.

An attunement (re)activates/strengthens our ability to both give and receive the universal power of love. It

(YWHN) can bring physical and spiritual alignment and enhance a person's quality of and appreciation for life.

Ayurveda

(Spa Canada) An ancient system of traditional folk medicine from India incorporating nutrition, herbal medicine, aromatherapy, massage, and meditation.

(E-spa) An ancient system of traditional folk medicine from India that employs a large variety of techniques to restore the organism to perfect balance. These techniques incorporate nutrition, herbal medicine, aromatherapy, massage and meditation.

Bach Flower Remedies

(YWHN) Flower Essences are said to consist of the characteristic subtle energy patterns of various plants. Preserved in a liquid, these essences can be used to balance the emotional body and thus affect our physical well being.

(E-spa) The use of flowers as a means of healing.

Back Training

(YWHN) A prevention therapy that teaches people how to lift, sit, stand and walk to help prevent back problems.

Balneotherapy

(Spa Canada) Using a whirlpool bath to restore and revitalize the body, balneotherapy improves circulation, fortifies the immune system, and relieve muscular pain.

(E-spa) A generic term for mineral water treatments, balneotherapy is the traditional practice of treatments by waters, using hot springs, mineral, or sea waters to restore and revitalize the body. Since antiquity, balneotherapy has been used to improve circulation, fortify the immune system, as an analgesic (pain reliever) and as an anti-stress treatment.

Baths

(E-spa) The act of soaking or cleansing the body, as in water or steam. The water used for cleansing the body. A building equipped for bathing. A resort providing therapeutic baths; a spa.

Behavior Modification

(Spa Canada) Through counseling and psychological conditioning, personal habits such as bad eating patterns, or smoking, are changed. Most spas incorporate this therapy into their weight loss program, teaching people how to change lifelong eating habits so they can still enjoy a wide variety of food, without the regime of a specific diet.

(E-spa) Change in personal habits (e.g., bad eating patterns, smoking and other substance abuse) brought about through counseling and psychological conditioning that includes careful repetition of the desired behaviors. Most spas incorporate behavior modification into their weight loss program. Rather than prescribing a special diet, the behavior modification approach teaches people how to change lifelong eating habits so they can still enjoy all types of food, within reason.

Body & Beauty Treatments

(E-spa) Various treatments provided by day and destination spas to enhance beauty and overall well-being. Beauty and cosmetic treatments include: beauty salon, facials, image consultation, makeovers, manicure/pedicure, and waxing. Body treatments include massage, cellulite treatments, herbal wrap, salt glow and seaweed wrap and various forms of hydrotherapy, including steam and saunas.

Body Scrub

(Spa Canada) A of light massage and exfoliation that stimulates blood circulation, and prepares the skin for better mineralization and moisturizing.

(E-spa) Body Scrubs/Skin Care which include Brush & Tone, Dulse scrub, loofah scrub, paraffin treatment, repaichage and Vichy shower.

Body Wrap

(E-spa) Strips of cloth soaked in herbal teas and cocooned around the body. Also called herbal wrap.

Brush & Tone

(Spa Canada) Dry brushing the skin removes dead layers, and stimulates circulation. A variety of exfoliating techniques can be used (e.g.: a loofah rub), and are a pre-treatment for mud and seaweed body masks. A post-treatment moisturizing leaves skin silky smooth, alive and glowing.

(E-spa) Dry brushing of the skin, intended to remove dead layers and impurities while stimulating circulation. This is one of many exfoliation techniques used as a pre-treatment for mud and seaweed body masks. The body is brushed in invigorating, circular motions to remove dead skin, followed by the application of moisturizing lotion that leaves the skin silky smooth, alive, and glowing.

Cellular Memory Clearing /Chakra Balancing:

(YWHN) A process which, using the chakras(energy centres in the body), releases and clears traumatic memories (conscious, sub-conscious or unconscious) which may be

creating depression, fear, anxiety, and similar harmful energies that cause a person to feel out of harmony. It can bring a person into alignment, and restore balance and harmony.

Chelation Therapy

(E-spa) The intravenous administration of a synthetic amino acid called ethylenediamine tetracetic acid (EDTA), along with vitamins and other substances, to combat arteriosclerosis. Serves as an alternative to the conventional coronary bypass surgery.

Chiropractic

(YWHN) A form of manipulation by hands, centered primarily on the spine.

(E-spa) The realignment of the spine and bone/body mechanics in order to relieve backache and postural problems. This treatment is used to analyze and correct vertebral spinal nerve interferences and helps to maintain the natural organization of the body so that it can function at its fullest capacity.

Colour Healing

(YWHN) Colour, made up of varying light and energy frequencies, may be applied to restore our physical, mental and spiritual well being.

Collagen Therapy

(Spa Canada) Injection of collagen beneath the skin with a fine needle to fill out wrinkles and lines.

Crainio-sacral Therapy

(Spa Canada) A gentle, manual therapy that manipulates the bones in the skull, and sacrum to promote the body's flow of energy and its natural restorative qualities.

(E-spa) Gentle massage centering on the head.

Creative Movement

This includes dance, aerobic and stretch exercises designed to improve your coordination and mobility.

Creative Visualization

(E-spa) An effective process of creating what we want in our lives. The art of using mental energy to transform and greatly improve health, beauty, prosperity, loving relationships, and the fulfillment of all one's desires.

This relaxation technique is similar to hypnosis except you remain conscious. It is usually done with a group of people lying in a quiet, dark room. In a soft, even-toned voice, an instructor asks the group to imagine themselves in a serene, relaxing environment, such as a beautiful sand beach or peaceful meadow. By describing things like the color of the sky or the smell or wildflowers, the instructor creates a soothing fantasy environment. About half of the group falls asleep; the other half goes into a state of deep relaxation.

Visualization is also used to treat phobias by having people imagine successfully doing whatever it is they fear.

Cross-Training

(E-spa) Alternating high-stress and low-stress exercise or sports to enhance physical and mental conditioning.

Crystal Healing

(E-spa) Healing energy believed to be generated by quartz and other minerals. Crystals are known to have electromagnetic energy, as does the human body. When a natural quartz crystal is brought into contact with a person's etheric body, the electromagnetic attraction is capable of drawing imbalanced energy out of the human body.

Deep Tissue Muscle Massage

(E-spa) This massage technique separates muscle groups and loosens fascia (a thin layer of connective tissue covering and supporting or connecting the muscles or inner organs of the body) so as to bring about the realignment of the body and freedom of movement.

Sometimes called deep tissue massage, this massage is a deep, sometimes painful kneading of the muscles. The best-known types of deep muscle massage include Rolfing, Reichian, Heller and Benjamin. It's not for everyone as some people find deep muscle massage very uncomfortable and not the least bit relaxing. Its proponents, however, claim that the massage has ample benefits (e.g. improved posture and relief of chronic tensions).

Deep Cleansing Facial

(E-spa) Use of sophisticated machines or manual techniques to open pores, extract blackheads by hand, purify skin, close pores, and revitalize skin.

Detoxification Therapy

Cleans toxins and deposits out of the body. Excellent for all kind of pain in joints and muscles, liver, kidney cleaning, and regular spring cleaning.

Dry Brush

(Spa Canada) A brushing of the skin with a natural-bristle brush to remove dead skin and impurities while stimulating circulation. This is one of many exfoliating techniques used before mud and seaweed body masks.

Energy Balancing

(E-spa) A general term for techniques which channel and stimulate energy in the body.

Energy Work

One or more methods (touch or non-touch) of releasing and balancing energy patterns that may be stuck within a client's physical, mental, emotional or spiritual "body".

Facial

(Spa Canada) A deep facial cleansing, exfoliation, mask and massage where skin is nourished, hydrated and toned.

(E-spa) There are many types of facials. A standard facial usually includes massaging the face, cleansing, toning, steaming, exfoliating and moisturizing. Other types of facials, mask and skin treatments are available at most spas. They include a European facial (similar to a standard facial except the products are European); a peeling mask designed to lift dead skin and encourage new skin growth; a paraffin mask, which helps increase circulation and rehydrate the skin; and a deep cleansing facial which purifies and revitalizes the skin.

Fango Therapy

(E-spa) The Italian word for mud. Used in treatments, a highly mineralized mud may be mixed with oil or water and applied over the body as a heat pack to detoxify, stimulate the circulation and relieve muscular and arthritic pain.

Sometimes only an area such as a shoulder is covered. Otherwise the whole body is dipped or covered. "Parafango" is similar, using mud mixed with paraffin.

This treatment relaxes the body, alleviates sore muscles, and softens the skin. Radioactivity is present in the mud at several spas. Pregnant women and women in their reproductive years should not risk possible genetic mutation by avoidable exposure to radioactivity.

Fango creates an all-encompassing, gooey warmth and works like a poultice, softening the skin. Natural ingredients, such as peat moss and sea kelp, often are mixed into the mud to help contain the warmth and increase mineral content.

Feng Shui

(YWHN) Ancient Chinese Art of Design and Placement. The study of how to arrange your environment to enhance the quality of your life. Creating environments for success and well being. An evaluation of physical objects in your environment to create harmony and healing.

Guided Imagery

(E-spa) A process which involves listening to music or a person's voice in a relaxed state for the purpose of allowing imagery, symbols, and deep feelings to arise from the inner self. This visualization may be used to stimulate the body's immune system.

Hand and Foot Treatment

(E-spa) This often includes a standard manicure and pedicure, followed by a seaweed or paraffin mask to soften and smooth the skin.

Herbalism (Traditional Chinese)

(YWHN) Herbal medicine uses plants, minerals and animal products prepared in specific ways and combinations to form therapeutic prescriptions. It can be used to treat diseased states but also to enhance immunity, general energy levels and longevity.

Herbalism (Western)

(YWHN) Herbs are classified according to their actions in the body. Their actions are chosen to work with the body to bring about a state of balance and harmony within the system. The herbs supply the tissues with the nutrients they need to heal, build, repair, and restore normal function.

Herbal Wrap

(Spa Canada) Cotton sheets or strips of cloth, steeped in a variety of aromatic herbs, are wrapped around the body, which is then covered with blankets or towels to prevent the moist heat from escaping. This very relaxing treatment helps to soothe soreness, soften skin, and detoxify the body.

Homeopathy

(Spa Canada) Based on the principle that "like cures like", patients are treated with natural substances in minute quantities which cause symptoms similar to those of the disease. Thus, the body's own vital force is stimulated to cure itself.

(YWHN) A system of medicine developed in the 18th century by a German physician, Samuel Hahnemann. Homeopathic medicines are made from plant, mineral and animal products that are diluted to a very minute, non-toxic level. These remedies are used to stimulate the body's natural power of healing.

(E-spa) A form of medicine based on the principle that "like cures like". Patients are treated with natural substances in minute quantities which cause symptoms much like those manifested by the disease. In this way, the body's own vital force is stimulated to cure itself.

Hydrotherapy

(Spa Canada) A long time staple in European spas, this relaxing and detoxifying therapy includes underwater jet massage, showers, jet sprays and mineral baths.

(YWHN) The application of water in any form, either externally or internally, in the treatment of disease and the maintenance of health. Hot and cold bathing has been documented throughout Europe since the 17th century, used to treat many chronic conditions.

(E-spa) Long a staple in European spas, this is the generic term for water therapies using jets, underwater massage and mineral baths (e.g. Balneotherapy, Iodine-Grine Therapy, Kneipp Treatments, Scotch Hose, Swiss Shower, Thalassotherapy, and others. It also can mean a whirlpool bath, hot Roman pool, hot tub, Jacuzzi, cold plunge and mineral bath.

These treatments use physical water properties, such as temperature and pressure, for therapeutic purposes, to stimulate blood circulation, dispel toxins and treat certain diseases.

Hypnotherapy

May be described as the use of hypnosis as a psychotherapeutic tool.

Iridology

(Spa Canada) By using special optical equipment, this science allows a doctor or practitioner to determine, from the markings or signs in the iris of the eye, the condition of various organs in the body.

(YWHN) The examination of the eyes' iris in order to analyze a persons state of health. It is not a therapy but a powerful tool, which can be used to gain a deeper understanding of a patient's health and any underlying causes for disease.

(E-spa) A science by which a doctor or practitioner can determine, from the markings or signs in the iris of the eye, the condition of various organs in the body.

Jin Shin Do

(E-spa) A form of energy-balancing massage.

La Stone Therapy

(Spa Canada) A massage using smooth, dark, heated stones to relieve stiffness and soreness and restore energy. Also known as hot stone therapy.

Macrobiotics

(YWHN) Integrates nutrition and health care practices with ancient Japanese Ying yang principles. It is a way of eating and living that has been practiced for thousands of years stemming from an intuitive understanding of the orderliness of nature.

(E-spa) An extremely restricted vegetarian diet, low in fat and high in antioxidant vitamins. This Eastern philosophy is perhaps best known in the West through its dietary principles. The macrobiotic diet offers a way to achieve a fuller sense of balance both within ourselves and with the world around us by synchronizing our eating habits with the cycles of nature.

Manicure

A cosmetic treatment of the fingernails, including shaping and polishing.

Manual Lymph Drainage (MLD)

(YWHN) The lymph system is one of the body's 'garbage disposal' systems. MLD applies gentle, rhythmic massage movements that influence lymph flow thereby cleansing and detoxifying body tissue as well as enhancing the immune system.

Lymphatic Drainage

(Spa Canada) A very gentle, specialized rhythmic technique that stimulates the lymphatic system, thereby helping the body to detoxify and eliminate waste.

Massage Therapy

(Spa Canada) Massaging skin, muscle and joints relieves muscle spasms and tension, and improves flexibility and circulation. There are various types of massage, ranging from a gentle aromatherapy, or a sports massage directed at specific muscles used in athletic activities, to deep tissue massage which kneads and separates muscle groups, while stretching the connective tissue to help realign the body. These include Rolfing, Heller, Benjamin and Reichian which help to improve posture and relieve chronic tensions.

(YWHN) Can be divided into two types: relaxation and remedial. Remedial massage is useful for specific complaints and ailments and also relieves deep-rooted stresses and tensions. Relaxation massage affects the inner core of your being and helps you to be more conscious of your body, sometimes with the use of scented oils.

(E-spa) Manipulation of skin, muscle and joints (usually by hand) to relax muscle spasm, relieve tension, improve circulation and hasten elimination of wastes. It also stretches connective tissue and improves circulation. A wonderful antidote to stress and muscle tension, massage does not rub away weight, but will rub away fatigue, inducing relaxation.

Various forms of massage include: Acupressure, Athletic Massage, Polarity Massage, Reflexology, Rolfing, Shiatsu, Sports Massage, Swedish Massage, Traeger Massage, Watsu.

Meditation

(Spa Canada) Although many forms of meditation are practiced, they all have a commonality: meditation is a state of focused attention that promotes deep relaxation to heal the body and quiet the mind. Often used as part of a stress reduction program, meditation is known to lower heart rate, blood pressure, blood lactate levels and metabolism. It also stimulates alertness, awareness, creativity and psychological well being.

(YWHN) A concentrated activity of clearing the mind. It awakens a subtle level of consciousness for discovering reality, directly and intuitively. Wholly therapeutic.

Metaphysics

(YWHN) It deals with the nature, character, and causes for being. It is a science of natural energy that, through practice and understanding, can create balance and harmony.

(E-spa) The branch of philosophy that examines the nature of reality, including the relationship between mind and matter, substance and attribute, fact and value.

Microdermabrasion

(Spa Canada) A facial exfoliation procedure in which the skin is “sandblasted” with ultra-

fine crystals of aluminum-oxide or other ingredients to remove the top layer of skin.

Midwifery

(YWHN) The practice of helping women and families throughout the childbearing years with an emphasis on empowering & educating them to achieve the births they are seeking.

Mind/Body Connection

(E-spa) Category of activities based on speculative or abstract reasoning. These include: Reflection: Breathing exercises, gardening, meditation, nature walks, relaxation classes, stretching techniques, Tai Chi and yoga.

Creative Activities: Arts and crafts, music, painting, poetry and writing.

Workshops: Astrology, emotional health, lifestyle interview, relationships and couples, smoking addiction and stress-management.

Mineral Waters

(Spa Canada) Derived from natural springs and wells, mineral waters contain a minimum of 1,000 mgr/litre solid components of rare or biologically active elements. While mineral compositions, all help to improve circulation, detoxify the body, and ease ailments such as rheumatism and arthritis.

Mud/peat baths

(Spa Canada) A highly mineralized mud, often mixed with oil or water, is applied to the body as a heat pack to sooth muscles and stimulate circulation. Moor and peat baths provide similar benefits, and are particularly rich in organic matter, proteins, vitamins and trace elements.

Musculoskeletal Health Assessment

(E-spa) This often involves examining the range of motion, muscle strength, posture, gaits, flexibility and skeletal alignment in order to focus on problem areas that might require special exercises.

Nasal Reflex Therapy

(YWHN) A special massage technique to help Sinus and bronchial problems.

Naturopathic Medicine

(YWHN) Naturopathic Medicine is the art and science of diagnosis, treatment and prevention of disease. It uses natural therapies to optimize health. Every person is different therefore treatment plans are formed in conjunction with the client and tapered to their specific needs and circumstances.

(E-spa) Natural medicine based on the healing power of nature. The term was coined in 1895 by Dr. John Scheel of New York to describe his methods of health care. Naturopaths believe that virtually all diseases are within the scope of their practice.

Current methods include: fasting, "natural food" diets, vitamins, herbs, homeopathy, tissue minerals, cell salts, manipulation, massage, exercise, colonic enemas, acupuncture, "Chinese Medicine", natural childbirth, minor surgery, and applications of water, heat, cold, air, sunlight and electricity. Radiation may be used for diagnosis but not for treatments.

Osteopathy

A system of medical practice based on a theory that diseases are due chiefly to loss of structural integrity that can be restored by manipulation of the parts supplemented by therapeutic measures (as in the use of medicine or surgery)

Phytotherapy

(Spa Canada) A healing treatment through plants, that involves the use of herbs, aromatic essential oils, seaweed and herbal and floral extracts. Phytotherapy is applied through massage, packs or wraps, water and steam therapies, inhalation treatments, homeotherapy and even the drinking of herbal teas.

Polarity Therapy

(Spa Canada) A four-part program designed to balance the body's subtle or electromagnetic energy through touch (body work to release energy blockages), stretching exercises (body movement), diet (fresh vegetables, fruits and natural foods), and creating a balanced emotional-mental attitude.

(YWHN) Traces the movement of energy in the body using chakras and seeks out the critical blockage or blocked dynamic. The therapist offers a neutral space in which the client can, through awareness, begin to release contracted energy and regain a balanced energy system.

(E-spa) Concept created by the Austrian born Dr. Randolph Stone in the early 1900s that is based on principles of energy and a philosophy derived from East Indian Ayurvedic teachings. Polarity therapy is designed to balance the body's subtle or electromagnetic energy through touch, stretching exercises, diet and mental-emotional balanced attitude. A four-part program is involved that restores the body's proper energy balance: clear thinking (positive mental attitude), bodywork (to alleviate energy blockages), body movement (stretching postures combining movement, breathing and sound), and diet (fresh vegetables, fruits and natural foods). As in other forms of bodywork, the practitioner of polarity therapy is viewed as a non-judgmental channel that the client can use to discover his or her own self-healing powers.

Pilates

(YWHN) Mind-Body exercise that focus on stabilizing the body's core while performing movement. Emphasis is placed on structural alignment & breathing while performing a flowing exercise sequence which develops core abdominal and back strength as well as flexibility, balance and coordination.

(E-spa) Strength training movements involving coordinated breathing techniques developed in Germany by Dr. Joseph Pilates during the 1920s.

Psychotherapy

(E-spa) Treatment of mental or emotional disorder, or of related bodily ills, by psychological means.

Regression Therapy

(E-spa) Healing through being taken back to previous states, ages and /or conditions; the principle is based on working through any traumatic and/or unresolved past experiences.

Reflexology

(Spa Canada) A specialized Chinese-based massage of the feet and hands which includes pressure points to areas said to correspond with organs and tissues throughout the body. Treats a wide range of stress-related illnesses, and ailments.

(YWHN)The feet have a special relationship with the body. There are 7200 nerve endings present in the foot that interconnect with every part of the body. By applying a specific pressure massage it is possible to trigger the body to correct imbalances, to stimulate or calm areas, cleanse, and to revitalize the body.

Reiki

Reiki is an ancient laying-on of hands healing technique that uses the life force energy to heal, harmonize and balance body mind and spirit. The major difference between Reiki and other touch therapy methods are the 'attunements' Reiki practitioners receive.

Rolfing

(E-spa) A technique developed by Ida Rolf of deep muscular manipulation and massage for the relief of rigid muscles, bones and joints. It is designed to improve energy flow and relieve stress most often related to emotional trauma.

A complete Rolfing treatment consists of a series of ten sessions which progress from superficial to deeper layers of tissue and from localized areas of constriction to an overall reorganization of larger body segments. This method of intensive manipulation may sometimes be experienced as painful.

Salt Glow

(Spa Canada) A mixture of salt, oils and water is used to vigorously scrub the body to remove dead skin, clean pores and stimulate circulation.

Sauna

(Spa Canada) Dry heat in a wooden cabin, helps to open the pores and eliminate toxins by sweating. Used in combination with refreshing cold showers, sauna therapy promotes relaxation and may enhance the body's immune system.

(E-spa) A dry heat treatment (at less than 10% humidity) in a wood-lined room with temperatures of 160-210° Fahrenheit, designed to bring about sweating to cleanse the body of impurities. After a sauna, a cool to cold shower closes the pores and brings down body temperature.

In the Finnish bath tradition, where this practice originated, even higher temperatures are sought as heat is generated by a stove containing a heap of stones (kiuas) over which water is thrown to produce vapor (loyly).

Scalp & Hair Treatments

(E-spa) The products used vary from spa to spa. Some use natural ingredients, such as a sea kelp mixture; others use chemically based products. However, the process and results are generally the same: a thorough cleansing, conditioning and scalp massage that leaves hair shiny and full of body.

Seaweed Wrap

(Spa Canada) A cleansing, revitalizing treatment where the body is 'painted' with a clay-like mask comprising concentrated seawater and seaweed which contains the ocean's nutrients: minerals, rare trace elements, vitamins and proteins. This enriching 'mask' soaks through the skin into the blood stream to revitalize the skin and detoxify the body.

Shamanic Practitioner

A shamanic practitioner uses drumming and journeying to access universal wisdom by "traveling" to "non-ordinary reality". The journey provides access to spiritual assistance (power animals and spirit guides) and information. Energetic blocks or soul loss impacting the whole health can also be identified. Ceremonial techniques are used to address imbalance.

Shamanism

(E-spa) Spiritual and natural healing performed by a medicine man.

Shiatsu therapy

Recognizes an energy system (or ki) in the body via a network of pathways or meridians and specific points on these meridians have a special action on the ki. It combines energy balancing and healing touch to help open the meridians allowing ki to flow.

(Spa Canada) A Japanese massage therapy during which practitioners apply rhythmic finger pressure at specific points on the body in order to relieve pain, release and balance blocked energy.

Spa's

(E-spa)

CLUB SPA: A facility whose primary purpose is fitness and which offers a variety of professionally administered spa services on a day use basis.

CRUISE SHIP SPA: A spa aboard a cruise ship providing professionally administered spa services, fitness and wellness components and spa cuisine menu choices.

DAY SPA: A spa offering a variety of professionally administered spa services to clients on a day use basis.

DESTINATION SPA: A spa whose sole purpose is to provide guests with lifestyle improvement and health enhancement through professionally administered spa services, physical fitness, spa cuisine exclusively served, educational programming, and on-site accommodations.

MINERAL SPRINGS SPA: A spa offering an on-site source of natural mineral, thermal or seawater used in hydrotherapy treatments.

RESORT/HOTEL SPA: A spa within a resort or hotel providing professionally administered spa services, fitness and wellness components and spa cuisine menu choices.

Spiritual Counselor

(YWHN) One who will help you find the tools for allowing your spirit to guide you. One who will help you to find the things which resonate with you and discard those that don't, so that you may have a clear road to peace and success. One who can guide you within to find that "more".

Spiritual Counseling

(YWHN) A process which guides/assists a client toward self-awareness and healthy decision-making based on the client's relationship with a "higher power" or Source, whether recognized as a power internal and/or external to one's self.

Steam Room

(E-spa) A ceramic-tiled room with wet heat generated by temperatures of 110-130° Fahrenheit designed to soften the skin, cleanse the pores, calm the nervous system and relieve tension.

Stress Management

(E-spa) A program of meditation and deep relaxation intended to reduce the ill effects of stress on the system. Most spas offer a variety of tension-relieving techniques that fall under the category of stress management (yoga, meditation, guided relaxation and visualization, stretching and breathing exercises, positive thinking, and nutritional counseling).

Sweat Lodge

(Spa Canada) An ancient Native American body purification ceremony involving the use of intense heat, similar to that of a sauna, and other methods such as chanting and drums, to provoke visions and insights.

Swedish Massage

(Spa Canada) A classical European massage technique that gently manipulates muscles with the use of massage oils. Used to improve circulation and flexibility, as well as to ease muscle aches and tension.

Tai Chi

(E-spa) A Chinese Taoist martial art form of "meditation in movement" which combines mental concentration, coordinated breathing, and a series of slow, graceful body movements.

While this ancient system looks like a slow-motion dance of graceful movements and deep, relaxed breathing, it is a mobile meditation, used for health, relaxation, self-defense and to induce energy. It's widely practiced in the Orient by people of all ages.

Tarot

(E-spa) Uses cards forming a series of transformative images whose origins are rooted in Western mystic tradition. Through these images, one may draw forth information from the unconscious, illuminating and clarifying the profound meaning of the moment in question.

Thai Massage

(Spa Canada) A manipulation of the body using passive, yoga-like stretching and gentle pressure with the hands and feet along "energy lines" in the body.

Thalossotherapy

(Spa Canada) A full body exfoliation and detoxifying treatment using highly nutrient marine elements along with other skin conditioning agents.

Therapeutic Touch

A therapy involving the practitioner's laying-on-of-hands creating a balance by transmitting energy and releasing energy blockages. It is a method of drawing and channeling the healing forces within and around us.

Traeger

(Spa Canada) A technique using a gentle, rhythmic shaking of the body to release tension from joints, that helps to improve alignment, posture and well-being. This relaxing therapy integrates a mind-body connection, and is beneficial as a complement to chiropractic, counseling/psychotherapy, sports and personal growth.

Vichy Shower Massage

(Spa Canada) Relaxing massage performed under sprinklers. Water is heated to body temperature. This massage increases circulation and lymphatic flows which aid the body in cleansing itself of toxins.

Appendix 7: Examples of Yukon health and wellness products and packages



"Nonviolent Communication can change the quality of your life with your spouse, your children, your neighbours and your co-workers. I cannot recommend it highly enough."

*Jack Canfield,
Chicken Soup for
the Soul series*

COMPASSIONATE NONVIOLENT COMMUNICATION

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Transform your relationships and your life using Compassionate Nonviolent Communication (NVC). Effective and powerful, NVC teaches us how to break patterns that lead to conflict and helps pave the way to harmonious relationships based on respect, compassion, and mutual cooperation.

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Learn more . . . visit www.bcncc.org

June 3-5, 9:30–4:30

Inn on the Lake (Marsh Lake)

Fee: \$325.00

Registration: Fay Tangermann 667-6638

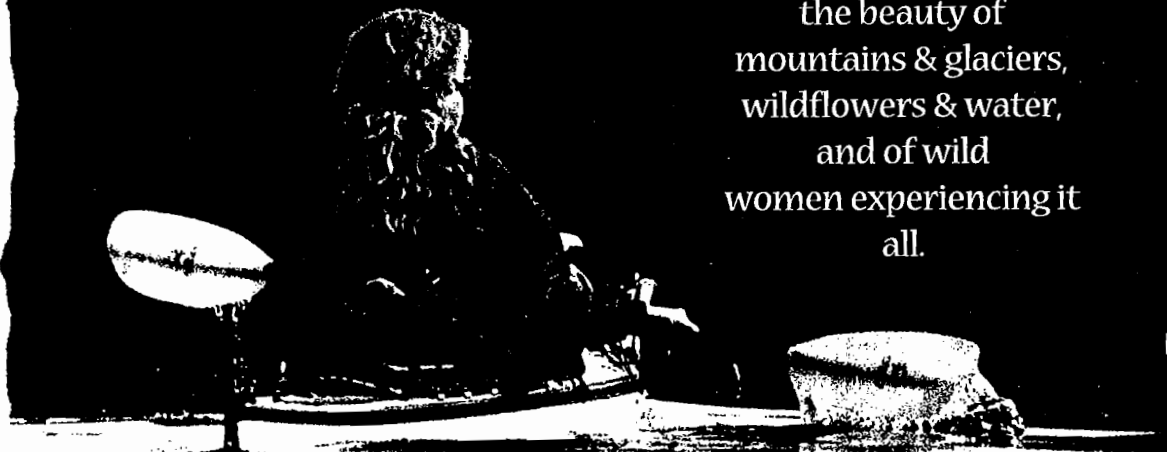
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for inspiration
& renewal

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elemental power of
solstice & full moon;
the exuberance of
dance & song; the
ethereal qualities of
silence & summer light;
the beauty of
mountains & glaciers,
wildflowers & water,
and of wild
women experiencing it
all.



For information call:

Cate Innish or
Tree of Life
(867)667-4773
innish@northwestel.net

Jill Pangman
Sila Sojourns
(867)668-5032
jpangman@yukon.net

Join Cate Innish and Jill
Pangman on Atlin Lake
June 4-9 or
July 30 - Aug.4

The only 'legal' cure for cabin fever

- Hilarious fun and festivities for all ages
- Celebrate the beginning of "spring"
- It's the 40th Anniversary (43rd on Yukon time!)

Commemorate the Gold Rush and Fur Trade eras,
with some modern laughs thrown in!

www.yukonrendezvous.com



Mardi Gras with Mukluks - 6 days/ 5 nights

From February 26 to 29, the people of Whitehorse get a little crazy. A hairy leg contest - for women. A chain saw chucking competition on Main Street. Can-Can dancers at every turn. These events are all part of the "off the wall tent" fun you'll find at the annual Yukon Sourdough Rendezvous Festival. It's the North's favourite winter party!

Includes: 5 nights accommodations in double room with Jacuzzi including breakfast each morning - Passes to 5 Rendezvous events - Passes to Yukon Quest Musher's Banquet - One full day snowmobiling including transportation and lunch - Complimentary F&B voucher - Discount shopping at many of Whitehorse's better stores and outfitters - Airport transfers

Price: \$790.00*

www.wildaboutwinter.ca info@wildaboutwinter.ca Toll free 1-866-417-7365

Wacky Winter Times - 4 days/ 3 nights

Celebrate the 40th Anniversary of the Yukon Sourdough Rendezvous Festival, while enjoying a 4 day/ 3 night Snowmobile and Winter Activity Adventure Package, including the Yukon Sourdough Rendezvous Festival, the wackiest festival ever! Great fun for everyone!

Includes: Return airfare to Whitehorse from Edmonton, Calgary or Vancouver - Accommodations - Festival Event Passes - Guides - Licenses - and all taxes

Price: \$1199.00*

www.destinationyukon.com

Winter Fun and Dancing Lights - 5 days/ 4 night

Yukon's Winter Medley (Potpourri)! Visit the fun and exciting events of Yukon's largest winter festival and experience truly northern activities like dog mushing and soaking in the Takhini Hot Springs during the days. After dinner you will spend the nights in a cozy cabin watching for the breathtaking Northern Lights. February 26 - March 1

Includes: All accommodations - All transfers by van - 4 nights of Aurora watching including hot drinks and snacks - Day guided dog mushing tour - Admission to the Yukon Wildlife Preserve and Takhini Hot Springs - Information meeting and city tour - Key Chain thermometer - Aurora Borealis Certificate

Price: \$960.00*

info@auroratoursyukon.com 1-867-667-4868

Yukon Sourdough Rendezvous in Whitehorse - Feb..25/26 - Mar. 1/04

Join the people of Whitehorse as they celebrate the fact that winter and cabin fever are almost over in events like Flour Packing, Chain Saw Chucking, or the Hairy Leg Contest for Ladies!

Includes: Return airfare - 4 or 5 nights at Westmark Whitehorse - 2 days compact car rental - Dinner show - Old Time Fiddle show - Dog Musher's Banquet

Price: 5 nights Calgary/Edmonton from \$893.08* Land Only from \$440.00*

4 nights from Vancouver from \$843.08* Land Only from \$390.00*

www.arrangementsyukon.com 1-867-393-6070



Yukon International Storytelling Festival Yukon

Storytellers from around the world gather each year under the midnight sun in Whitehorse, Yukon, at the award-winning Yukon International Storytelling Festival to celebrate their rich traditions through storytelling, dance and music. The Festival organizers have created new multi-day packages that feature behind-the-scenes opportunities to meet with the performers, interactive workshops on storytelling and First Nations arts and crafts and organized guided visits to local cultural and heritage sites of interest. The Festival organizers are also offering new packages during summer, fall and winter on other cultural and heritage themes, such as The Klondike Gold Rush, Traditions and Customs of the Northern Harvest, and the Yukon Quest Dog Sled Race.

Awards

Attractions Canada 2000 – Territorial Winner for Cultural Event of the Year.

New Products

New multi-day packages, featuring opportunities to meet with the performers and interactive workshops. Additional new packages on cultural and heritage themes available during summer, fall and winter.

Contact Information

Name: Sue Gleason
Tel.: 867-633-7550
Fax: 867-633-3883
E-Mail: yukonstory@yknnet.ca
Website: www.yukonstory.com

Target Markets

Culture and Heritage Tourists, Learning Travellers

Groups

Yes: Adults / Seniors / Students (Story Theatre Program only for students)

Customized Group Packages Available: Yes

F.I.T.: Yes

Languages

English. First Nations languages, and original languages of performers. Performances are summarized in English.

Time of the Year

Festival: First week of June / Other packages available in summer, fall and winter

Appendix 8: Training institutes



Therapists' Incomplete Training

More than 100 spa establishments are listed in Quebec. Globally, they provide a wide variety of massages, body care and treatments. However, the industry's rapid growth is challenging for spas and *Relais Santé* managers. In such a context of expansion and without, unlike Ontario, any accredited training program provided by the Quebec Ministry of Education, managers must take charge of training for most of their employees. In Ontario, treatments are exclusively performed by staff members who have undergone a 2,200 hour training program. In other words, Quebec spa managers must train their staff at their own expense and with no reference to common criteria or standards. The only exception worth mentioning is the Quebec Massage Therapists Federation (*Fédération québécoise des massothérapeutes*): This organization supervises as well as establishes professional standards and qualifications for each of its members.

Spas Relais Santé Partners

Spas Relais santé wishes to acknowledge the support of numerous partners for its success: Canada Economic Development for the Quebec regions, Esthétique SPA International, Fédération des massothérapeutes du Québec, Décléor and also Numerique Inc. for the design and conception of its website.

-30-

Information : Claire Levasseur, General Director - Spas Relais Santé
Phone : (514) 842-1556 / 1-800-778-7594
clevasseur@spasrelaissante.com

Accueil > Actualités > Nouvelles > **Formation en soins corporels: le milieu s'organise**

Formation en soins corporels: le milieu s'organise

5 novembre 2004 - Les établissements de soins corporels (spas, centres de détente et de beauté en milieu hôtelier, etc.), de concert avec un organisme paragouvernemental, ont décidé de se prendre en main afin de contrer la pénurie de main-d'oeuvre qualifiée qui sévit dans leur industrie.

Deux facteurs expliquent cette pénurie. Primo, le nombre de ces établissements a littéralement explosé au Québec, passant de 2 à 257 au cours des 20 dernières années. Secundo, il y a absence de formation reconnue pour les personnes oeuvrant dans ce domaine.

C'est pourquoi différents intervenants, dont l'Association Spas Relais santé, l'Association québécoise des esthéticiennes et la Fédération québécoise des massothérapeutes incitent leurs membres à créer un budget commun de formation par l'entremise d'Axelia¹, un fonds mutuel qui servira à financer différentes activités agréées de formation.

C'est un organisme paragouvernemental - le Comité sectoriel de la main-d'oeuvre des services de soins corporels - qui est chargé de développer les sessions de formation continue. Il a ainsi élaboré 11 cours de base destinés aux gestionnaires d'établissements de soins personnels, aux esthéticiennes diplômées de même qu'aux massothérapeutes.

Axelia se veut un service d'organisation et de gestion de la formation. Elle offre à ses membres un service particulier visant d'abord à identifier leurs besoins spécifiques, puis à dispenser la formation pour finalement en évaluer l'impact. Le financement de ses activités provient en partie des membres, ainsi que du Fonds national de formation de la main-d'oeuvre.

Selon Andrée Mayer-Périard, directrice générale d'Axelia, cette initiative ne vise pas tant l'uniformisation des services offerts par les différents établissements de soins corporels, qu'un « nivellement vers le haut des connaissances minimales pour exercer ». Entre autres, certaines contre-indications doivent être connues de tous afin d'offrir les soins les plus appropriés. Un exemple? « Certains types d'enveloppements corporels ou encore certains massages, ne sont pas appropriés pour les femmes enceintes, explique Mme Mayer-Périard. Les protocoles doivent être connus. »

Selon elle, le rehaussement des connaissances du personnel de ces établissements - surtout fréquentés par les femmes - devrait permettre aux clientes d'obtenir un service de base de qualité.

Martin LaSalle - Réseau Proteus

1. Pour accéder au site d'Axelia : www.AXELIA.ca

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Making a career choice can be a difficult yet exciting process, and finding the right college is certainly one of the most important decisions of an individual's life - ultimately affecting future income, job satisfaction and quality of life.

Established in 1976, Elmcrest College has built a reputation for being dedicated to the academic and personal growth of each student enrolled in its programs by providing an exceptional learning environment with small classes and individualized instruction. We are proud of our outstanding faculty who have established, and continue to build, Elmcrest's reputation for academic excellence in a friendly, student-oriented environment.

You are welcome to tour our campuses and get a sense of how you fit in with the student community, the instructors and environment. Many of our current students tell us that their campus visit played a major role in influencing their decision to attend Elmcrest.

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Welcome to Faculty of Spa Management.

The Faculty of Spa Management provides training programs specifically geared to the spa industry. Our mission is to educate our students to be the top spa management leaders in the industry. Our vision is to be the leader for Spa Management Education and a model of integrity, quality, professionalism and value.

We recognize that the spa experience for a client is successful only if all members of the spa team act in accord. We believe that it is essential for management and support staff to be fully aware of the spa as an integrated whole, where the sum of the parts vastly exceeds the individual elements.

Elmcrest College offers three full-time spa management programs to suit all levels and aspirations. Our curriculum provides spa industry knowledge, work-ready experience and exposure to a variety of management skills needed for this rapidly growing and demanding job market.

If you have any questions about Spa Management Program, contact [Admissions](#) or book a [campus tour](#)

[Express Request](#)
Need an answer? [Click here!](#)

Spa Man Qui

- [Email Us](#)
- [Term Schedules](#)
- [Admissions](#)
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News &

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- Spa Director-Ma
- Spa Leadership
- Spa Customer S Representative

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British Columbia Institute for Holistic Studies

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Statement of Purpose We encourage the growth of complementary therapies, educate the public and train a professional, caring practitioner. We foster development and maturity in the profession through experience and learning.

Registration British Columbia Institute of Holistic Studies has been registered with the Private Post Secondary Education Commission (Registration Number 1297) since 1997.

Accreditation British Columbia Institute of Holistic Studies was accredited by the Private Post Secondary Education Commission Institution on January 1, 2004.

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March 24, 2005

Continuing Education
Programs & Courses

Welcome

Massage Therapy

Reflexology Therapy

Aromatherapy

Acupressure Therapy



Centr
Complemen
Health Educa

Welcome

In recent years the field of complementary health care has exploded in response to consumer interest and demand. The Centre for Complementary Health Education (CCHE) is committed to providing high quality education programs that foster careers in:

- [Massage Therapy](#)
- [Reflexology Therapy](#)
- [Aromatherapy](#)
- [Acupressure Therapy](#)

Each of these professions presents exciting and rewarding opportunities to be a part of the professional health care community. Therapists entering these careers must be well qualified, possessing both theoretical knowledge and practical skills to assist their clients in achieving optimum health. CCHE invites you to consider our comprehensive and rigorous certificate programs, all facilitated by highly skilled, competent practitioners. Any one of these careers can be launched in just one year! Graduates enjoy a multitude of career paths. The majority establish a private practice or a joint practice with other health care professionals such as Chiropractors, Naturopaths and Physiotherapists. Others have found employment opportunities in multi-disciplinary medical or holistic health clinics, fitness clubs, resorts and health spas.

These certificate programs are offered at Mount Royal College's Holy Cross Campus. Nestled in a bend of the Elbow River, the Holy Cross Campus is situated in a beautiful classical heritage building that was once the original Holy Cross Hospital. The interior space has been totally redesigned to meet the needs of CCHE and includes a clinical practicum centre. Students have access to many interesting shops and restaurants located just a block away.

[Return to Top](#)

WHAT'S NEW

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About Us

Rewriting the book on business management...

For over ten years, Strategies has been regarded as a crusader for new business thinking. In reality, we simply teach solid and proven business systems in a manner that owners and managers can understand and use. We teach how to get results, how to deal with change, how to plan cash flow, and how to harness and drive the power of a team. We teach how to make money in business. We inspire, but don't compromise. *(That's the secret of our success.)*

Strategies was founded in 1994 by Neil Ducoff, one of the most respected minds in business education for over thirty years. Throughout our initial history, Strategies entrenched its expertise in the professional salon, spa, hotel resort and medical spa industries, delivering Fortune 500 business systems to a core group of service industries where there was—and still is—a rich demand for progressive business training and consulting. Strategies quickly became the largest provider of business education through print, seminar events and consulting services in these industries.

With growth comes evolution. Given the synergy between Strategies' core business teachings and those being used in today's leading corporate environments, demand started to increase for Strategies' coaching and education services across a wide array of business verticals. It was with this demand that Strategies' publication, education and coaching services were reengineered to encompass the training needs of *all businesses*. This extension has been a salute to our past and present clients, as well as a welcoming embrace to those who are just joining us.

Strategies' "no compromise" battle cry has guided us in spearheading the charge against the antiquated business systems and lackluster performance standards so many business owners struggle with — regardless of their size, market position or industry experience. You will not find a group of individuals more dedicated to your individual success than Strategies' team of educators, writers and consultants. They are knowledgeable, compassionate, and the best at what they do: helping you build an efficient, productive and profitable business.

**Appendix 9: Certification: The Association of Massage Therapists
& Wholistic Practitioners**



The Association of Massage Therapists
and Wholistic Practitioners

[Home](#) [About Us](#) [Members Only](#) [Join NOW!](#) [Resources](#) [Great Information](#) [Find A Therapist/Practitioner](#) [Contact Us](#) [Privacy](#)

About Us

The Association of Massage Therapists and Wholistic Practitioners (AMTWP) — is a national association representing professional massage therapists and wholistic practitioners throughout North America. The Association of Massage Therapists and Wholistic Practitioners (AMTWP) is a not-for-profit organization dedicated to serving the needs and maintaining the professional standards of practitioners practicing in massage therapy and wholistic practice. One of the principle goals of the Association of Massage Therapists and Wholistic Practitioners is to provide to its members vital and timely info on a wide variety of issues so that they may grow professionally and ultimately, improve service to their clients. AMTWP members immediately gain access to a wealth of resources including national & regional educational programs, the quarterly magazine Connections, AMTWP website, timely info and much more. More than networking - the AMTWP provides real tools and a knowledge bank where members are empowered to build successful practices in today's competitive marketplace.

Mission Statement

The mission of the Association of Massage Therapists and Wholistic Practitioners is to promote and wellness, and encourage the successful development of its professions.

Standards

The AMTWP sets competency-based standards for all disciplines. Applicants must have a program certificate of completion from an AMTWP recognized school (see schools listed under Resources). A valid municipal license if required to practice their discipline(s). The "key" to safety and risk reduction is, regardless of the discipline in which the person was trained, that they have enough knowledge of anatomy, physiology, pathology, evaluation, and communication/conduct skills, and know when to proceed or not with these groups or techniques. **NOTE:** Most massage therapists in Quebec refer to themselves "Massotherapists" related to a specialty area of massage training that has become popular there. Our Association endeavours to ensure the highest standards of professionalism and ethical practices of its members through the enforcement of the Association's Code of Ethics and Conc

From our President

Thank you for taking time to visit the Association of Massage Therapists and Wholistic Practitioners website. We hope you will find the site informative and that you will add it to your web bookmark. The goal of the website is to provide you with valuable information and resources. Whether you are a certified professional, interested in finding out more about the fields of massage therapy and practice, or exploring the advantages of alternative and complementary health and wellness, you have come to the right web site. You will find that the Association's web site will be constantly growing and changing, and packed with updated information, professional development opportunities and links to other sites that provide information which may be helpful to you. We are always trying to improve our service - with the development of the website the Association is now available to you 24 hours a day. We value your opinion and would love to hear from you on what you find most useful about the site and any suggestions you may have to improve it.

Melanie Hayden

President, Association of Massage Therapists and Wholistic Practitioners

For more information contact us

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Appendix 10: Spa membership application process

Please print a copy of this preliminary application, complete it in detail, sign it, and fax or mail it to our office, at:

PREMIER SPAS of ONTARIO
176 Napier Street
Barrie, Ontario
L4M 1W8

or fax to (705) 739 9278

We will contact you at the e-mail address you have provided, and outline the next steps on your way to becoming a Regular Member of Premier Spas of Ontario.

If you have questions regarding Memberships, or with completing this form, call our office at:

(800) 990 7702



PRELIMINARY APPLICATION FOR MEMBERSHIP

PLEASE PRINT CLEARLY -

Applicant Establishment ("Applicant") _____

Business address _____

Municipality _____ Postal Code _____

Business telephone () _____ Fax () _____

Toll Free Phone () _____

Web site www. _____ E-mail _____

Years in business at this site _____ Other properties? _____

Print Name of Signing Officer _____ Title _____

The Applicant certifies that the Membership Criteria and Code of Ethics described on the Premier Spas of Ontario website have been read and are understood by the Applicant, and that it is the belief of the Applicant that the establishment described above qualifies for consideration of membership.

Membership Criteria

Please acknowledge by checking the appropriate boxes, that your Spa complies with the following:

- The qualifications of treatment professionals must meet Provincial regulations and/or accredited professional associations. All services and treatments must be given by qualified personnel ONLY.
- There must be at least five private treatment rooms designated for the sole purpose of providing spa treatments. Please indicate the names if any, the size (10x12 for example), and the descriptive purposes of each of your private treatment rooms:

	Name	Purpose	Size
1.	_____		
2.	_____		
3.	_____		
4.	_____		
5.	_____		
6.	_____		
7.	_____		
8.	_____		
9.	_____		
10.	_____		

There must be at least one piece of professional hydrotherapy equipment from the following list: This equipment **MUST** be used in the performance of an appropriate **Body Treatment** as listed below. Check one:

- | | |
|---|--|
| <input type="checkbox"/> One person whirlpool bath with water or air jets | <input type="checkbox"/> Swiss Shower |
| <input type="checkbox"/> Hydrotherapy tub with controllable water jets | <input type="checkbox"/> Hydrofusion Chamber |
| <input type="checkbox"/> Vichy Shower with suitable treatment table | <input type="checkbox"/> Colour Therapy whirlpool bath |

Members must provide three or more **Body Treatments** such as:

- | | |
|--|--|
| <input type="checkbox"/> Algae (Seaweed Wraps) | <input type="checkbox"/> Peloids (Moor mud, Dead Sea mud, etc) |
| <input type="checkbox"/> Herbal Wraps | <input type="checkbox"/> Body Polishes |
| <input type="checkbox"/> Parafango wraps | |

Members must provide three or more **Massage Treatments** performed by a certified Massage Therapist, such as:

- | | |
|--|--|
| <input type="checkbox"/> Therapeutic Massage | <input type="checkbox"/> Sports Massage |
| <input type="checkbox"/> Pregnancy Massage | <input type="checkbox"/> Swedish Massage |
| <input type="checkbox"/> Deep-tissue Massage | <input type="checkbox"/> Neuromuscular Massage |

Members must provide two or more treatments of **Alternative Massage** such as:

- | | |
|---|---|
| <input type="checkbox"/> Aromatherapy Massage | <input type="checkbox"/> Lymph Drainage Massage |
| <input type="checkbox"/> Shiatsu | <input type="checkbox"/> Thai Massage |
| <input type="checkbox"/> Hot Stone Massage | <input type="checkbox"/> Four Hand Massage |
| <input type="checkbox"/> Lomi Lomi Massage | <input type="checkbox"/> Reiki |
| <input type="checkbox"/> Reflexology | <input type="checkbox"/> Relaxation Massage |

Members must provide three or more **Skin Care Services** such as:

- | | |
|---|---|
| <input type="checkbox"/> Facials | <input type="checkbox"/> Back Facials |
| <input type="checkbox"/> Lymphatic Drainage Facials | <input type="checkbox"/> Eye Treatments |
| <input type="checkbox"/> Microdermabrasion | <input type="checkbox"/> Photofacials |
| <input type="checkbox"/> Manicure | <input type="checkbox"/> Pedicure |
| <input type="checkbox"/> Paraffin Treatments for hands and/or feet. | |

This is a preliminary checklist for our guidance. The full Qualification Criteria will be sent to you after our review of the above.

All treatments checked above must be included in all appropriate printed materials including spa menus, brochures, and web pages.

The Applicant acknowledges that completing this form does not guarantee nor constitute membership or classification as a member. Completion of this form is for information purposes, and does not commit the applicant to payment of any fees at this time.

Signature of Signing Officer _____ Date _____



- > Discover our Certified Member Spas
- > About us
- > Spa Categories
- > Certified Spa Listing
- > View our Spas
- > Clips and multimedia
- > **Become a Spa Relais Santé Member**

INTERACTIVITY

- Health Menus
- Contests
- Newsletters

TOOL BOX

- Send to a friend
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- Budget Ideas

MEMBER ACCESS

User name:

Password:

[Forgot password!](#)

[Become a Spa Relais Santé Member](#) · [Who is eligible for membership?](#) · [Member Benefits](#) · [Code of Ethics](#) · [For Further Information](#)

Who is eligible for membership?



Any wellness vacation establishment that applies for Certified Relais Santé Spa membership must do so any time by completing an application and by agreeing to follow and maintain the quality standards set by the association.

All intended members must agree to undergo an anonymous inspection carried out by an authorized Relais Santé Spa inspector. The inspector will thoroughly assess the quality of facilities, services, and treatments offered by each establishment applying for membership.

- [Become a Spa Relais Santé Member](#)
- [Who is eligible for membership?](#)
- [Member Benefits](#)
- [Code of Ethics](#)
- [For Further Information](#)



Appendix 11: Spa organizations



- > Discover our Certified Member Spas
- > **About us**
- > Spa Categories
- > Certified Spa Listing
- > View our Spas
- > Clips and multimedia
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INTERACTIVITY

- Health Menus
- Contests
- Newsletters

TOOL BOX

- Send to a friend
- Print this page
- Budget Ideas

MEMBER ACCESS

User name:

Password:

[Forgot password!](#)

About us

When you choose a Certified Relais Santé Spa, expect a personalized welcome to get your perfect stay off to a perfect start!

Our member establishments scattered throughout Quebec are carefully hand-picked and must conform to highly-rigid selection criteria. A strict code of ethics outlines the level of service and care that is offered in these establishments. The therapists taking care of you have undertaken thorough training in accordance with the highest standards in the industry. Rigorous spot checks are carried out on-site, to ensure the quality of service, a warm welcome and hygienic facilities.

All Certified Spas will ask you to fill out a health assessment before undertaking any treatment program. This is a mandatory requirement for certification.

Relais Sante Certified Member Spas are classified according to three broad categories in order to assist you in your choice of destination. Each Relais Sante Certified Member Spa guarantees a getaway combining both pleasure and relaxation, where even the smallest of details are of concern.





- > President's Message
- > Board of Directors
- > Membership Application
- > Membership Requirements
- > Find a Day Spa
- > Find a Stay Spa
- > List of Spas
- > Links to Spa Web Sites
- > Request a Printed Directory
- > Group Rate Requests
- > Register for Newsletter
- > Buy a Gift Certificate

[Member Spas](#) : [Treatments](#) : [Services](#) : [Gift Certificates](#) : [Groups, Meetings & Conferences](#) : [Spa Locator Map](#) : [F.A.Q.](#)

Welcome to Premier Spas of Ontario, an association of spas committed to offering Premier spa experiences. Our quality criteria serves as the hallmark for all Premier Spas members. We are dedicated to consistently providing you with the best people, products, services and surroundings. We are an association of very diverse spas, all focused on providing the highest quality, premier spa experiences and offering a range of specialties for the sophisticated spa-goer as well as the first timer.

Our members provide a wonderful variety of country and urban destinations. Many of the country destinations offer amenities such as golf, tennis and hiking. All our members offer a vast array of services and treatments to enhance your health and well-being.

[Click Here to Find a Member's Web Site](#)
[Click Here to Request a Directory](#)





Home : About Us : Contact Us : Privacy Policy : Terms & Conditions : Site Map

Member Spas : Treatments : Services : Gift Certificates : Groups, Meetings & Conferences : Spa Locator Map : F.A.Q.

about us



Throughout the ages cultures have used nature's resources to treat various ailments of the skin, body and mind. Europeans, Asians, even North American native populations have used thermal springs and mud pools. The spa, or use of nature's elements to invigorate and health maintenance, has been a part of every culture for a very long time.

The acceptance of the "formalized" spa, recognized for its role in the enhanced management of personal health, arrived much later in North America, where we have distanced ourselves from our ancestors as we familiarized ourselves with "products" that we thought would solve all our problems. This cycle, derived from a cultural whirlwind, didn't allow for the "taking of time" to restore oneself.

In the last four years, something changed for all of us. Interest in spas, the services and the experiences they offer, has been significant. The cultural motivation to visit a spa has changed from mere curiosity to need. The spa industry has grown as well. Successful spas are opening on every city corner. Establishments that have hot tubs, tanning beds or offer manicures and pedicures are starting to identify themselves as "spas".

In May 2000, a group of 12 dedicated spa owners and operators launched Spas Ontario, an association of spas committed to offering Premier spa experiences. Our logo was developed over a year and a half of extensive consultations prior to the launch. The logo serves as the hallmark for all Spas Ontario members. We are dedicated to consistently providing you with the best people, products, services and surroundings.

Today we are an association of over 39 very diverse spas, all focused on providing the highest quality, premier spa experiences and offering a range of specialties for the sophisticated spa-goer as well as the first timer.



[Member Spas](#) : [Treatments](#) : [Services](#) : [Gift Certificates](#) : [Groups, Meetings & Conferences](#) : [Spa Locator Map](#) : [F.A.Q.](#)

president



Since our inception three years ago, Spas Ontario has been responsible for creating industry and setting industry standards. We have grown from the original 12 members to 39 very diverse and unique members. At our Annual General Meeting February of this year, it was unanimously agreed to change our name to Premier Ontario. With this new branding we are moving forward to strengthen our membership criteria and to set the highest possible standards. Whether your spa experience is at our member Day, Resort or destination spas we are devoted to enhancing your well-being, to assist on your journey to a healthy lifestyle and to offer the utmost in relaxation and rejuvenation. More than 3.2 million Canadians visited Spas last year seeking overall wellness. The need for stress reduction is necessary for good health and longevity. Spas can offer education on lifestyle changes, stress management, fitness. Research indicates that interventions such as meditation, guided imagery and deep breathing exercises can assist in maintaining good health and prevent disease. Embark on your journey to Wellness. Visit one of our Day Spa members for a day of relaxation, or one of our Resort members to indulge in your favorite spa exercise coupled with spa rejuvenation services, or a Destination spa to reflect. Whatever type of Premier Spa you choose we are committed to offering you the best possible spa experience in a caring and nurturing environment. We look forward to providing you with the best of service to you.

Be Well!
Sheila Spear, President



LEADING SPAS OF CANADA

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ABOUT LSC

Vision

A national organization working together through member services, professional development, education and to support The Leading Spas of Canada as an international Spa Destination.

The Leading Spas of Canada will be a leader in the spa industry by:

- Building a national organization that supports its members from all regions of Canada
- Supporting professional development by implementing guidelines for standards and practices and education
- Increasing the awareness of the enjoyment and benefits of the Canadian spa experience, in Canada and through its marketing programs
- Advocating for the spa industry within public and private sectors

Contact Us

Westbrook RPO,
PO Box 34010,
Calgary, AB, T3C 3W2

Phone

1(800) 704-6393

FAX

1(877) 423-1799

Email

info@theleadingspasofcanada.com

Webmaster

webmaster@theleadingspasofcanada.com

Privacy Statement

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Take your next spa vacation at a Spa Canada Destination, Resort, or Mineral Spa. In between vacations? Find a Canadian Day Spa near you. And consider our Spa interested in locating some of the best products and services in the world.

[select your spa experience](#)

[learn more about ispa](#)

[for ispa members](#)

[media room](#)

[conferences and education](#)



experience ISPA

International SPA Association

The dates and venue have changed...



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[info for travel agents](#)

[sponsor opportunities](#)

[spa consultants](#)

[research materials](#)

[search for a spa](#)

[forms and applications](#)

[job bank](#)

[contact ispa](#)



Who is ISPA?

The International SPA Association is recognized worldwide as the professional association and voice of the spa industry, representing more than 2,000 health and wellness facilities and providers in 63 countries. Members encompass the entire arena of the spa experience, from club spas, cruise ship spas, day spas, destination spas, resort/hotel spas, medical spas and mineral springs spas to service providers such as physicians, wellness instructors, nutritionists, massage therapists and product suppliers -- fully representing the variety of wellness options in this exciting industry.

Founded in 1991, ISPA began as a grass roots movement to build a common network for member spas, their affiliates and the media. Since then, ISPA has grown dramatically in both membership and scope, representing a vast majority of domestic and international spas. The ISPA Annual Conference draws more and more participants from around the world each year. Geared toward education and business, the conference focuses on seminars by respected leaders in the medical, financial, and health fields, and exhibits of the latest products and services in the spa industry.

ISPA is committed to forming and maintaining alliances that will educate, set standards, provide resources, influence policy and build coalitions for the industry. Professionals in the industry, consumers and the media look to ISPA to clarify and standardize the spa experience. ISPA promotes and defines the spa experience as "Your time to Relax, Reflect, Revitalize and Rejoice."

ISPA's mission is to raise awareness of the spa industry and educate the public and industry professionals about the lifelong benefits of the spa experience. In this way, ISPA helps to revitalize humanity through the promotion of spa wellness. As the voice of the spa industry, ISPA attracts and

retains a diverse global membership, fulfilling the educational, informational, and networking needs of its many members worldwide. Using the tremendous potential within the spa industry, ISPA generates the financial, technological, and human resources necessary to serve and represent its members in the most comprehensive manner possible.

ISPA has defined spas into seven different categories. To see a list of those categories, please [click here](#).

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Appendix 12: Emerging HWT codes of ethics and standards



about us : who we are : special offers : in the press :

Member Spas : Treatments : Services : Gift Certificates : Groups, Meetings & Conferences : Spa Locator Map : FAQ

criteria

purpose
direction
president
board of directors
membership criteria
apply for membership
media editorial liaison
employment

All Premier Spas of Ontario must meet rigid quality standards, and are regularly to ensure compliance with the following:

The qualifications of treatment professionals must meet Provincial regulations accredited professional associations.

- All services and treatments must be given by certified personnel ONLY.
- There must be at least five private rooms designated for the sole purpose providing spa treatments.
- There must be a full-time receptionist on duty during operational hours.

Members must provide three or more Body Treatments such as: Massage The Reflexology; Shiatsu; Aromatherapy Massage; Lymphatic Drainage; Sports Massage; Thai Massage; Hot Stone Massage.

Members must provide four or more Hydrotherapy Treatments such as: Whirlpools with water jets; Hydrotherapy bath with underwater massage; Vichy shower; shower; Fango treatments; Body wraps; Aromatherapy/Herbal steam and/or essential oils; Exfoliating body treatments or body polish.

Members must provide three or more Skin Care Services such as: Facials; Lymphatic Drainage Facial treatment; Manicures; Pedicures; Paraffin treatments.

In addition, resort or destination member spas must provide:

Fitness facilities including at least one of: Supervised hiking and/or cycling; group fitness; aerobics; aquatics; weights; yoga; tai chi; stretch; pilates; guided relaxation; meditation; techniques; meditation; stress relief; or breathing techniques.

One or more nutrition choices that demonstrate a commitment to healthy eating menu choices, vegetarian choices available, or heartsmart choices.



Member Spas : Treatments : Services : Gift Certificates : Groups, Meetings & Conferences : Spa Locator Map : F.A.

purpose



As the professional association of certified spas, our purpose is to maintain an the highest operational and ethical spa standards among our Members.

We have established stringent criteria involving codes of ethics and conduct, c control standards, health/wellness programs, public safety, hygienic facilities, professional accreditation and deportment.

Member spas ensure that all therapists and aestheticians are registered and/o their respective governing bodies. In fact, Ontario Registered Massage Therap accreditation is among the highest in the world, and their expertise is in unive demand.

Welcome | Franc

- Visit a

SPAS
RELAIS SANTE
— certifiés • certified —

Discover our Spas

Spa Packages

Treatments & Relaxation

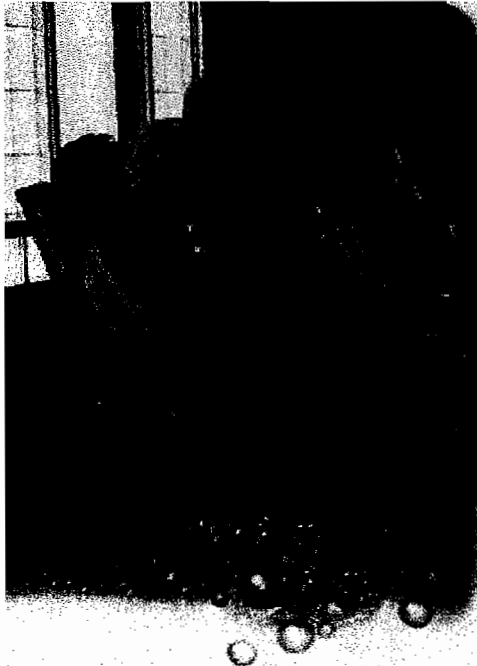
Gift Certificates

Brochures

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- > View our Spas
- > Clips and multimedia
- > **Become a Spa Relais Santé Member**

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[Code of Ethics](#) · [For Further Information](#)

Code of Ethics



Since 1996, our member spas have been bound by a Code of Ethics governing several aspects offered within their establishments: Therapist training, hygiene, rights and duties regard clientele, health precautions, mandatory health screenings, etc.

The implementation of such a unique Code of Ethics has helped us develop a high-quality tourism product allowing Certified Relais Santé Member Spas to distinguish themselves from the general market in Canada.

For more information on our Code of Ethics, do not hesitate to [contact us](#).

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Search

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- Contests
- Newsletters

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- Print this page
- Budget Ideas

MEMBER ACCESS

User name:

Password:

[Forgot password!](#)



Canada

International Medical Spa Association

<http://www.medicalspaassociation.org/index.asp?submenu=ethics>

Code of Ethics

1. A member of the Medical Spa Association and staff will provide competent care; delivered with respect for its clients' dignity and rights.
2. A member of the Medical Spa Association and staff will provide only those treatments, products, and services that are safe, effective and of the highest quality.
3. A member of the Medical Spa Association and staff will uphold the highest standards of professionalism, be honest in all professional interactions, and shall not engage in fraudulent, deceptive, or unethical practices.
4. A member of the Medical Spa Association and staff will make a commitment to on-going education, to the application of that knowledge towards improving services and treatments, and to making the most accurate information available to its clients and the public as a whole.
5. A member of the Medical Spa Association and staff will respect the rights of its clients and staff to confidentiality and privacy.
6. A member of the Medical Spa Association and staff will adhere to the laws, rules and regulations governing the provision of treatments and services as required by the state in which it operates.
7. A member of the Medical Spa Association and staff will respect and value the community in which it operates and look for opportunities to actively support and improve the health and well being of that community.

LEADING SPAS OF CANADA

STANDARDS & PRACTICES

Leading Spas of Canada has established the following Standards & Practices to ensure that all members of the Association provide the highest level of professional services and products to the general public. By signing the Verification Statement, all Association members agree to adhere to these Standards & Practices, and to the Association's Code of Ethics. As a Leading Spas of Canada member, you may be subject to a random inspection to ensure that the professional levels of performance required by the Association are being maintained.

Furthermore, members pledge that their operating procedures and practices comply with all applicable local, provincial and federal regulations, including those for persons with disabilities, and that all co-workers meet all local, provincial and federal regulations with regards to licensing.

As Canada's premier spa industry organization, Leading Spas of Canada continues to advocate for Government to adopt these Standards and Practices.

CODE OF ETHICS

1. Each member will be guided by truth, fairness and integrity.
2. Each member agrees to support the ongoing improvement of quality and professional spa services offered to the public.
3. Each member agrees to act in a professional and responsible manner towards clients.
4. Each member agrees to support and positively promote the actions and establishments of each active member in good standing in an unbiased and non-judgmental manner.
5. Each member agrees to express their opinions, in any form of media, honestly and accurately without making any unfounded scientific allegations relating to therapeutic results that may be false or misleading.
6. Each member agrees to stay within their own area of competence and scope of professional practice. As a customer service function and where appropriate, a member may suggest to their clients that they might seek professional assistance elsewhere relating to any condition that is beyond the scope of the professional practice of the member.
7. Each member agrees to inform their clients of all payment policies, costs and/or fee schedules prior to billing for any services rendered or products supplied.
8. Each member pledges loyalty to the association and agrees to pursue and support its objectives.

SAFETY AND HYGIENE

The spa and its coworkers will ensure that:

- all coworkers follow appropriate hygienic standards at all times.
- the premises and all instruments used are appropriately sanitized and sterilized.
- a first aid kit is properly stocked and readily available at all times.

LEADING SPAS OF CANADA

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- a written emergency plan is posted in plain view at all appropriate staff locations. The plan includes standard emergency procedures for specific incidents and phone number for police, fire and emergency medical assistance.
- all procedures for cleaning and maintenance are in accordance with federal, provincial and local regulations, and with appropriate manufacturer's guidelines.
- all floor surfaces are constructed to accommodate the intended activities for each area.
- signage is posted to alert and educate guests about possible risks and practices, as needed, in such areas as: exercise studios, pools, wet areas, saunas, steam rooms, whirlpools, racquet sports courts and any other potentially hazardous area.
- appropriate control of temperatures is ensured through an ongoing monitoring system in all areas where guests are exposed to high thermal stress, e.g. saunas, steam rooms, whirlpools and exercise rooms.
- coworkers are available to provide assistance and instruction in the proper and effective use of fitness and weight training equipment.
- coworkers who perform advanced techniques and/or use advanced technology are thoroughly trained and do so in compliance with the manufacturer's instructions and guidelines.

RESPONSIBILITIES OF THE SPA TO ITS COWORKERS

You and your spa will ensure that:

- coworkers, when hired, are provided with a Policy and Procedures Manual which is reviewed and updated annually.
- coworkers are provided with and/or given access to constantly updated Treatment Procedure and Product manuals for all treatment modalities included in the spa's menu.
- coworkers are given a job/responsibility description upon hiring, followed up with at least one annual evaluation of individual's job performance.
- all specialized/professional staff such as fitness instructors, personal trainers, massage therapists, estheticians, nail technicians, hair stylists, nutritionists, physiologists, psychologists and medical technicians comply with local, provincial and federal regulations with regards to licensing, registration and appropriate certification.
- the Director/Supervisor of any fitness program has at least a bachelor's degree (or equivalent) in an appropriate area of study, or a current certification from a nationally recognized organization in the health/fitness industry.
- the spa will have at least one staff member who has CPR and First Aid certification, on site during operating hours.
- demonstrates a commitment to providing education, training and professional development opportunities for all coworkers.
- the spa offers and makes use of environmentally friendly procedures.

LEADING SPAS OF CANADA

STANDARDS & PRACTICES

RESPONSIBILITIES OF THE SPA TO ITS GUESTS

You and your coworkers will ensure that:

- written material is provided that accurately depicts the facility, nutrition/diet/wellness and other programs, philosophy, rates, deposits, customary tipping and gratuities, cancellation policy and grace period for refunds.
- all new spa guests and/or annual members are offered an orientation and tour of the spa when possible.
- guests complete a confidential screening questionnaire and/or informed consent statement prior to their planned activities which is updated on a regular basis.
- all guest history and counseling session information is considered private and confidential, and such information is not disclosed by the spa or its coworkers without the proper consent of the individual, unless such a disclosure is required by law.
- all guest complaints are promptly responded to and resolved in as timely and efficiently a manner as possible.
- the spa has current liability insurance or the equivalent for the purpose of guests' protection.
- all programs are flexible enough to accommodate a variety of goals, fitness levels and needs.
- spa programs and menus are designed to encourage the guest toward health enhancing activities and wellness while acknowledging the guest's current health status.

RESPONSIBILITIES OF THE COWORKER TO THE SPA

As coworkers, you will ensure that you:

- are professional, courteous, helpful, knowledgeable, articulate and truthful.
- are committed to anticipating guests' needs and serving them.
- reflect the spa's policies in appearance, attitude and team work.
- believe in the precepts of Spa Wellness and are willing and able to share these philosophies with guests.
- agree in writing to abide by the Policies and Procedures established by the spa.
- understand and follow your personal job descriptions.
- demonstrate professional client management through the maintenance of client records on an ongoing basis.
- zealously guard the guest's privacy and modesty.
- are committed to honouring the confidentiality of the spa and its business, in general.
- adhere to the professional standards of hygiene as defined by the spa.
- maintain all personal certifications as required by provincial or federal legislation.
- take personal responsibility for your continuing professional development.
- are attentive to preserving the Spa Environment at all times.

LEADING SPAS OF CANADA

STANDARDS & PRACTICES

RESPONSIBILITIES OF THE SUPPLIER MEMBERS

You and your staff will ensure that:

- each supplier member agrees to not harass their clients or potential clients in their solicitation practices.
- each member will have a valid Business License (where applicable) and comply with all appropriate local, provincial and federal regulations.
- all equipment sold by supplier members should be CSA approved; and if not, the member must provide the client with written acknowledgment that the equipment in question lacks CSA approval.
- every distributor/manufacturer is required to submit a completed cosmetic notification form to the Health Protection Branch of Health and Welfare of Canada for each cosmetic¹ the distributor/manufacturer intends to sell in Canada.
- the member agrees that all of their products will meet compliance with The Food and Drug Act, The Cosmetic Regulations, The Consumer Packaging and Labeling Act, the Consumer Packaging and Labeling Regulations, and the Canadian Broadcasting Act.
- all sun products must have a registered DIN number in Canada.
- each supplier agrees to thoroughly train and educate the client on the use and safety of their products and equipment.
- each member agrees to inform the client of all payment policies, cancellation and return policies, warranties, shipping costs, maintenance costs and other applicable fees prior to the sale of any products or equipment.
- each member agrees to maintain strict confidentiality regarding their clients and all aspects of their business.

RESPONSIBILITIES OF THE SCHOOL MEMBERS

You and your staff will ensure that:

- Each member will have a valid Business License (where applicable) and comply with all appropriate local, provincial and federal regulations.
- Each member will be registered with the appropriate provincial government body.
- Each member will have approved Canada student loan status.
- Each member will have a written curriculum approved by the provincial Ministry of Education.
- Each member will have comprehensive written academic policies which include clear policies for student fees, cancellation, absenteeism, and refund policies.

¹Cosmetic includes any substance or mixture of substances that is manufactured, sold or represented for use in cleansing, improving or altering the complexion, skin, hair or teeth.

Standards & Practices

www.Spacanada.com

Spa Canada has established the following Standards & Practices to ensure that all members of the Association provide the highest level of professional services and products to the general public. By signing the Verification Statement, all Spa Canada members agree to adhere to these Standards & Pr

actices, and to Spa Canada's Code of Ethics. As a Spa Canada member, you may be subject to a random inspection to ensure that the professional levels of performance required by the Association are being maintained.

Furthermore, members pledge that their operating procedures and practices comply with all applicable local, provincial and federal regulations, including those for persons with disabilities, and that all co-workers meet all local, provincial and federal regulations with regards to licensing.

As Canada's premier spa industry organization, Spa Canada continues to advocate for Government to adopt these Standards and Practices.

CODE OF ETHICS

1. Each member will be guided by truth, fairness and integrity.
2. Each member agrees to support the ongoing improvement of quality and professional spa services offered to the public.
3. Each member agrees to act in a professional and responsible manner towards clients.
4. Each member agrees to support and positively promote the actions and establishments of each active member in good standing in an unbiased and non-judgmental manner.
5. Each member agrees to express their opinions, in any form of media, honestly and accurately without making any unfounded scientific allegations relating to therapeutic results that may be false or misleading.
6. Each member agrees to stay within their own area of competence and scope of professional practice. As a customer service function and where appropriate, a member may suggest to their clients that they might seek professional assistance elsewhere relating to any condition that is beyond the scope of the professional practice of the member.
7. Each member agrees to inform their clients of all payment policies, costs and/or fee schedules prior to billing for any services rendered or products supplied.
8. Each member pledges loyalty to the association and agrees to pursue and support its objectives.

SAFETY AND HYGIENE

The spa and its coworkers will ensure that:

- all coworkers follow appropriate hygienic standards at all times.
- the premises and all instruments used are appropriately sanitized and sterilized.
- a first aid kit is properly stocked and readily available at all times.
- a written emergency plan is posted in plain view at all appropriate staff locations. The plan includes standard emergency procedures for specific incidents and phone number for police, fire and emergency medical assistance.
- all procedures for cleaning and maintenance are in accordance with federal, provincial and local regulations, and with appropriate manufacturer's guidelines.
- all floor surfaces are constructed to accommodate the intended activities for each area.
- signage is posted to alert and educate guests about possible risks and practices, as needed, in such areas as: exercise studios, pools, wet areas, saunas, steam rooms, whirlpools, racquet sports courts and any other potentially hazardous area.
- appropriate control of temperatures is ensured through an ongoing monitoring system in all areas where guests are exposed to high thermal stress, e.g. saunas, steam rooms, whirlpools and exercise rooms.
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- coworkers, when hired, are provided with a Policy and Procedures Manual which is reviewed and updated annually.
- coworkers are provided with and/or given access to constantly updated Treatment Procedure and Product manuals for all treatment modalities included in the spa's menu.
- coworkers are given a job/responsibility description upon hiring, followed up with at least one annual evaluation of individual's job performance.
- all specialized/professional staff such as fitness instructors, personal trainers, massage therapists, estheticians, nail technicians, hair stylists, nutritionists, physiologists, psychologists and medical technicians comply with local, provincial and federal regulations with regards to licensing, registration and appropriate certification.
- the Director/Supervisor of any fitness program has at least a bachelor's degree (or equivalent) in an appropriate area of study, or a current certification from a nationally recognized organization in the health/fitness industry.
- the spa will have at least one staff member who has CPR and First Aid certification, on site during operating hours.
- demonstrates a commitment to providing education, training and professional development opportunities for all coworkers.
- the spa offers and makes use of environmentally friendly procedures.

RESPONSIBILITIES OF THE SPA TO ITS GUESTS

You and your coworkers will ensure that:

- written material is provided that accurately depicts the facility, nutrition/diet/wellness and other programs, philosophy, rates, deposits, customary tipping and gratuities, cancellation policy and grace period for refunds.
- all new spa guests and/or annual members are offered an orientation and tour of the spa as soon as possible upon arrival.
- guests complete a confidential screening questionnaire and/or informed consent statement appropriate to their planned activities
- all guest history and counseling session information is considered private and confidential, and such information is not disclosed by the spa or its coworkers without the proper consent of the individual, unless such a disclosure is required by law.
- all guest complaints are promptly responded to and resolved in as timely and efficiently a manner as possible.
- the spa has current liability insurance or the equivalent for the purpose of guests' protection.
- all programs are flexible enough to accommodate a variety of goals, fitness levels and needs.
- spa programs and menus are designed to encourage the guest toward health enhancing activities and wellness while acknowledging the guest's current health status.

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As coworkers, you will ensure that you:

- are professional, courteous, helpful, knowledgeable and articulate.
- are committed to anticipating guests' needs and serving them.
- reflect the spa's policies in appearance, attitude and team work.
- believe in the precepts of Spa Wellness and are willing and able to share these philosophies with guests.
- agree in writing to abide by the Policies and Procedures established by the spa.
- understand and follow your personal job descriptions.
- demonstrate professional client management through the maintenance of client records on an ongoing basis.
- zealously guard the guest's privacy and modesty.
- are committed to honouring the confidentiality of the spa and its business, in general.
- adhere to the professional standards of hygiene as defined by the spa.
- maintain all personal certifications as required by provincial or federal legislation.
- take personal responsibility for your continuing professional development.
- are attentive to preserving the Spa Environment at all times.

RESPONSIBILITIES OF THE SUPPLIER MEMBERS

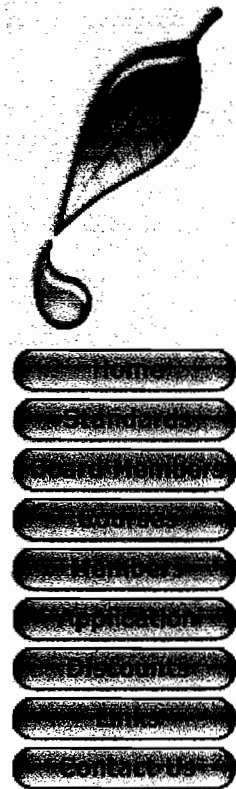
You and your staff will ensure that:

- each member will have a valid Business License and comply with all appropriate local, provincial and federal regulations.
- all equipment sold by supplier members should be CSA approved: and if not, the

member must provide the client with written acknowledgment that the equipment in question lacks CSA approval.

- every distributor/manufacture is required to submit a completed cosmetic notification form to the Health Protection Branch of Health and Welfare of Canada for each cosmetic¹ the distributor/manufacture intends to sell in Canada.
- the member agrees that all of their products will meet compliance with The Food and Drug Act, The Cosmetic Regulations, The Consumer Packaging and Labelling Act, the Consumer Packaging and Labelling Regulations, and the Canadian Broadcasting Act.
- all sun products must have a registered DIN number in Canada.
- each supplier agrees to thoroughly train and educate the client on the use and safety of their products and equipment.
- each member agrees to inform the client of all payment policies, cancellation and return policies, warranties, shipping costs, maintenance costs and other applicable fees prior to the sale of any products or equipment.
- each member agrees to maintain strict confidentiality regarding their clients and all aspects of their business

¹Cosmetic includes any substance or mixture of substances that is manufactured, sold or represented for use in cleansing, improving or altering the complexion, skin, hair or teeth.



British Columbia Alliance of Aromatherapists

Code of Ethics and Standards of Practice

Code of Ethics

Any member of the society who is in practice will be expected to follow this code of ethics and to conduct himself/herself in such a manner as to uphold and maintain the high standards of the profession of aromatherapy. This code of ethics is divided into three sections and the aromatherapist is expected to observe all three parts of this code of ethics at all times. These three sections govern the attitude and behaviour of the aromatherapist towards clients, the general public and fellow members of the society

1. The Member and the Client

- a. The member must recognize that the primary obligation is towards the client and at all times must practice his/her skills to the best of his/her ability to the benefit of the client. The comfort and welfare of the client must always have priority over any other requirement.
- b. Consultation, assessment and treatment should only be carried out with the consent of the client (or the parent or guardian in the case of minors).
- c. Any knowledge gained during consultation and assessment or in the course of the professional treatment must not be divulged to anyone without the client's consent, except where required by law.
- d. A member must not deliberately mislead for his/her own gain a client seeking advice or treatment.
- e. All reasonable care must be taken to ensure adequate hygiene, quality of material supplied and safety of equipment used.
- f. A member shall be free to choose whomsoever he/she shall accept for professional treatment.
- g. A member shall not diagnose, prescribe or make claims to cure.
- h. A member shall encourage his/her client to seek other professional help when it is in the interest of the client to do so.
- i. A member shall, upon request, provide receipts for all monies paid.

2. The Member and the Public

- a. The member's premises or clinic should be maintained in such condition that they reflect credit on the profession of aromatherapy.
- b. A member shall be free to advertise his/her professional services in any medium provided it does not bring discredit on the profession of aromatherapy.

3. The Member and his/her Colleagues

- a. A member must not attempt by any means to entice a client to leave an aromatherapy practitioner to become his/her own client.
- b. In cases of referral of a client to a member by a colleague, no form of commission or split fee may be paid or accepted.
- c. Members must present a united front to the public and make no disparaging remarks in writing or verbally concerning the practices, abilities or competency of other aromatherapists or practitioners in other health disciplines to clients or the general public.
- d. Members are encouraged to share professional knowledge and the results of any research, successful case histories, new use of essential oils, etc.

Standards of Practice

1. Introduction:

The aim of the Standards of Practice is to set out the basic standards which the society expects its members to maintain. The Standards of Practice lays down minimum standards necessary for members of the society. Clients who attend registered aromatherapist expect a professional approach by the practitioner and this professionalism should be reflected in the equipment, furniture and premises. Members must provide a professional approach to their clients and this professionalism should be reflected in their personal deportment, dress, equipment, furniture and premises.

2. Premises:

- a. Consultation and treatment rooms must be clean, adequately lit, properly ventilated and in a good state of general repair.
- b. A wash basin with hot and cold water and a toilet should be located near work area. Soap, preferably containing antiseptic, and some means of hand drying should be available.
- c. If the consultation and treatment room are not directly accessible from the street, all entrance ways and stair ways should be adequately lit.
- d. An appropriate sign indicating that the member is in practice may be placed at the main entrance.

3. Personal Hygiene:

The member must ensure that their health and personal hygiene are such as to cause no danger to a client. The practitioner must not eat, smoke or drink alcoholic beverages during treatment. The member must be aware of the elements of personal hygiene and local safety bylaws and specifications in connection with aromatherapy.

4. Furniture:

Massage couches and chairs, etc. must be sturdy and safe. Surfaces and linens should be kept clean and disinfected.

5. Client Register:

A suitable client register must be set up indicating client's name, address and other relevant information. Up-to-date and accurate records of assessment and treatment must be maintained.

6. Other Responsibilities

- a. It is the responsibility of the practicing member to observe any local bylaws with regard to their facility and practice.
- b. Members must not presume a specialized knowledge outside their training. Members must be wary of giving advice on skin and bodily ailments outside the limitations of their own specialized knowledge.
- c. How the essential oils are used for any particular client is the responsibility of the individual member, who must bear in mind his/her own standard of training and level of knowledge.

7. Liaison with Other Professions:

Contact with other health care practitioners is encouraged for the betterment of the client and the practice of aromatherapy.

8. Controls, Public Relations Advertising and Articles Promoting the Society

A society member who wishes to advertise or promote their business may state

they are a member of the society but must not represent themselves as speaking on behalf of the society without prior approval. Any press release or articles for publication that make reference to the society must be submitted for approval to printing and publishing.

[[Home](#) | [Standards](#) | [Board Members](#) | [Courses](#) | [Members](#) | [Application](#) | [Discounts](#) | [Contact Us](#)]

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Code of Ethics and Conduct

Members of the Association of Massage Therapists and Wholistic Practitioners shall:

Inform the client of the type and scope of service or treatment, what to expect, and the fees, prior to providing any service or treatment.

Represent qualifications honestly, including educational achievements and professional affiliations, and provide only those services that they are qualified to perform safely and competently.

Represent honestly, the benefits and limitations of offered services and products.

Not provide services while the ability to practice is impaired.

Recommend a client to seek an appropriate qualified professional when the practitioner recognizes a condition that requires further assessment, or is beyond the practitioner's scope of practice or ability.

Respect the confidentiality of information obtained in the course of professional service, unless disclosure is required by law, court order, or is absolutely necessary for the protection of the public, and keep client records in a secure place.

Provide a clean and safe environment appropriate to the type of service and consistent with local public health requirements and industry standards.

Take appropriate measures to ensure the safety, comfort and privacy of the client.

Recognize the dignity of the person and avoid discrimination on the basis of race, colour, gender, sexual orientation, social class, age, disability, religion, or political beliefs.

Not falsify any part of a client's record, or sign or issue a certificate, report, or similar document that contains false information.

Respect the client's autonomy, and right to refuse, modify, or terminate treatment regardless of any prior consent.

Make an effort to determine if the individual seeking services has the capacity to comprehend the nature of the service and make an informed decision, and obtain written permission from a parent or guardian if required by provincial law.

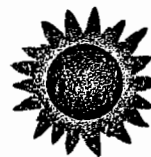
Maintain appropriate boundaries with the client and refrain from initiating or engaging in any sexual conduct, any sexual activities, or any sexualizing behavior involving a client, even if the client attempts to sexualize the relationship.

Have the right to refuse or limit treatment or services to any person if there is just and reasonable cause.

Be expected to relate to colleagues with integrity, respect, courtesy, fairness, and good faith.

Refrain from making unfounded statements that may damage the reputation of their colleagues, or the reputation of other disciplines or their practitioners.

Regular members have an obligation to maintain their skills and knowledge in their chosen field(s) of practice, and should seek to assess and improve their competence on an ongoing basis to facilitate optimum performance in their profession.



AMTWP

ASSOCIATION OF
MASSAGE THERAPISTS AND WHOLISTIC PRACTITIONERS
ASSOCIATION DES
MASSOTHÉRAPEUTES ET PRACTICIENS HOLISTIQUE

Appendix 13: *Hills Ranch* package building tool



Something new at The Hills Health Ranch

Build your own inclusive spa package

We thought that it might be fun to let our clients pick and choose what they want package. So, with this in mind, we decided to create this online form. All you need out the appropriate information, submit it and we will email you with a price quote. Please note: For more than 1 person, each person must submit a form.

First Name (required)	<input type="text"/>	Last Name (required)	<input type="text"/>
Address 1 (required)	<input type="text"/>	Address 2	<input type="text"/>
City (required)	<input type="text"/>	Prov State (required)	<input type="text"/>
Country (required)	<input type="text"/>	Postal Code (required)	<input type="text"/>
Phone (required)	<input type="text"/>	Email (required)	<input type="text"/>
Fax	<input type="text"/>	Confirm Email (required)	<input type="text"/>
Arrival Date (required)	<input type="text"/>	Dep Date (required)	<input type="text"/>
Number of persons (each person must fill out form) (required)			<input type="text"/>
Name of persons sharing (separate multiple names with a coma)			<input type="text"/>

Sign up for our NEWS LETTER

[RESERVE ONLINE](#)
Click Here

NEW!!!
Shop online

Select your treatments

Full body massage 50 min.	<input type="checkbox"/>	Dry brush massage
Seated back and neck massage 25 min.	<input type="checkbox"/>	River stone massage
Spa manicure with paraffin 50 min.	<input type="checkbox"/>	Spa pedicure with paraffin
Manicure with polish 50 min.	<input type="checkbox"/>	Pedicure with polish
Happy feet hydro spa	<input type="checkbox"/>	
Deep cleans clay facial 50 min.	<input type="checkbox"/>	Ginkgo lift hyperthermal massage

Facial acne or problem skin 75 min.	<input type="checkbox"/>	Age eraser fac
Gentlemans facial and grooming 50 min.	<input type="checkbox"/>	Express fac
Deluxe eye treatment 25 min.	<input type="checkbox"/>	Acupressure fac
Thalassotherapy seaweed bath 35 min	<input type="checkbox"/>	Aromatherapy b
Spirulina detox wrap 50 min.	<input type="checkbox"/>	Seaweed deep moisturizing w
Oxygel C cellulite wrap 25 min	<input type="checkbox"/>	Deluxe cellu
Back facial 50 min.	<input type="checkbox"/>	Rosehip oil wrap with faci
Rosehip treatment for delicate skin 50 min	<input type="checkbox"/>	Deep penetration anti-aging tr
Glacial clay dual detox packs 105 min.	<input type="checkbox"/>	Salt glow renew sci
Rosehip scrub 50 min.	<input type="checkbox"/>	Maple sugar sci
Eyebrow shape and wax 15 min.	<input type="checkbox"/>	Lip line w
Chin wax 10 min	<input type="checkbox"/>	Facial w
Underarm wax 15 min.	<input type="checkbox"/>	Back w
Bikini wax 20 min.	<input type="checkbox"/>	F
Leg and bikini wax 70 min.	<input type="checkbox"/>	Lower leg w
Brow tinting 20 min.	<input type="checkbox"/>	Lashes t
Brows and lashes tint 25 min.	<input type="checkbox"/>	
Make up for day or evening 60min.	<input type="checkbox"/>	Bridal application consultatic
Pick your Daily Fitness Class		
Soft aerobics (eg. Nia, Pilates, Yoga)	<input type="checkbox"/>	Hi impact aerobics (step, c
Guded afternoon hikes (1.5 hours)	<input type="checkbox"/>	Aqua Fit (wate
Private guided hiking	<input type="checkbox"/>	Private guide
Private guided mountain biking	<input type="checkbox"/>	
Consultations		
Nutritional consultation	<input type="checkbox"/>	Medical c
Fitness testing	<input type="checkbox"/>	Lifestyle and Behavioral C
Personal training	<input type="checkbox"/>	Menopaus
Nutritional workshop	<input type="checkbox"/>	Fat burning with exercis
Healthy boundaries workshop	<input type="checkbox"/>	Yoga in a stressful work