



*Prices & Specials of the
Canadian
Wellness
Centre & Spa*

Experience a Week at the Canadian Wellness Centre

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April 2008

weekender spa specials

2 night "spa spoiler"

Your chance to get away from it all, and have a quiet weekend. Your package includes:

1. 2 nights accommodation
2. 6 gourmet meals
3. all exercise classes & daily walk & hikes
4. hayride sing-along party
5. 1 full body massage
6. 1 spa pedicure
7. full use of spa pools, saunas & exercise equipment
8. specialty tea or coffee in the 1871 Lodge
9. B.C. hotel taxes

Prices per person

Quad	Triple	Double	Single
\$471.	\$495.	\$510.	\$622.

2 night "beauty special"

This is a deluxe weekend spa experience with 5 spa treatments, you are kept busy being pampered! Besides all of the above spa items in the "Weekend Spoiler", you also get:

1. a 2nd massage
2. a fabulous facial
3. a spa manicure with paraffin treatment

Prices per person

Quad	Triple	Double	Single
\$675.	\$698.	\$714.	\$821.

extra day

For Spa Spoiler or Beauty Special ADD:

Prices per person

Quad	Triple	Double	Single
\$164.	\$176.	\$184.	\$241.
	SPA SPOILER		
	\$175.		
	BEAUTY SPECIAL		

All Packages include complimentary nightly Coffee or Tea in our 1871 Lodge.

2 night "couch potato"

Get away for a couple of days and let us look after you! Do nothing... unless you want to! You've earned this get-away, you need to stop running, slow down and let us pamper you! Package includes:

1. 2 nights accommodation
2. 6 gourmet meals
3. hayride sing-along party
4. 1 full body massage
5. full use of spa pools, saunas & exercise equipment
6. B.C. Hotel taxes

	Quad	Triple	Double	Single
	\$345.	\$367.	\$383.	\$495.
EXTRA night	\$125.	\$135.	\$144.	\$199.

2 night "couple romance & enrichment"

Romance and enrichment wrapped up into a great package for that special couple. Do you need to get closer to your spouse? Have you been too busy looking after everyone else and not your significant other? This is for you! Package includes:

1. 2 nights accommodation
2. 6 gourmet meals
3. hayride sing-along party
4. 1 full body massage or private 2 hour horse ride
5. full use of spa pools, saunas & exercise equipment
6. specialty tea or coffee in the 1871 Lodge
7. roses and other special gifts in your room
8. B.C. Hotel taxes

	\$448. Per Person
EXTRA NIGHT	\$136.08 Per Person

- G.S.T. AND GRATUITIES NOT INCLUDED -

fitness 'n Spa adventures

6 night personal training

An individualized program directed at improving performance and endurance through personal training, personal nutrition consultation, aerobic fitness improvement, muscular strength improvement, a low-fat high-energy meal plan, and complete lifestyle improvement. Includes: all items in "Inches Off" Package as outlined below, plus

- 3 personal training workouts
- 1 fabulous facial
- 1 spa pedicure
- 1 hydro-therapy treatment
- 1 full body massage

	Quad	Triple	Double	Single
6 NIGHT 7 DAY	\$1981.	\$2048.	\$2101.	\$2430.
EXTRA NIGHT	\$170.	\$182.	\$190.	\$245.

6 night inches off package

The complete basic fitness and wellness holiday with the goals of kickstarting your wellness program. Do a lot of walking and hiking, enhancing your nutrition philosophy, expanding your knowledge in our Wellness Workshops, and giving you a deserved break from your day-to-day stress. Your package includes:

1. 6 nights accommodation in our lodge rooms or one of our cozy chalets
2. full meal plan, nutritionally balanced and low in fat, with the right number of calories for your goals
3. complete fitness assessment upon arrival and re-check before departure
4. wellness enhancement consultation
5. personal nutritional consultation
6. full use of exercise studio, pool, whirlpool and sauna
7. full daily schedule of exercise classes
8. water aerobics
9. yoga and stretching/relaxation classes

10. morning walks
11. daily guided hikes (snowshoeing in winter)
12. wellness workshops such as stress management, nutrition, exercise, attitude and health management
13. hayride sing-along party
14. Hills healthy recipe book and complimentary water bottle
15. daily vitamin and mineral supplements
16. all-day juice station
17. specialty tea or coffee in the 1871 Lodge
18. B.C. Hotel Taxes

	Quad	Triple	Double	Single
6 NIGHT 7 DAY	\$1625.	\$1694.	\$1745.	\$2075.
EXTRA NIGHT	\$170.	\$181.	\$191.	\$246.

6 night executive renewal

The Cadillac of vacations at The Hills! We keep you occupied, pampering you from your day's start to your day's end, for a week! This program offers the same extensive fitness class program as other packages, with the same Wellness Workshops, but you also receive fifteen personal treatments, including a daily massage, 3 private consultations, and we generally spoil you like the Queen or King themselves! Includes: all items in the "Inches Off" Package as outlined at left, plus

- 5 full body massages
- a fabulous facial
- scalp and hair appointment
- an herbal wrap
- a spa manicure with paraffin treatment
- foot spa treatment
- a spa pedicure with paraffin treatment
- a hydro-therapy treatment

	Quad	Triple	Double	Single
6 NIGHT 7 DAY	\$2375.	\$2443.	\$2495.	\$2825.
EXTRA NIGHT	\$243.	\$254.	\$263.	\$318.

- G.S.T. AND GRATUITIES NOT INCLUDED -

hike 'n spa wilderness adventures

3 night basic walking

The Hills Health and Guest Ranch offers some of the best hiking and walking trails in North America! The system of trails is fully marked for all guests to enjoy either our guided or unguided hikes. So, come on to the Cariboo with your walking gear and experience the luxury of spa and the fresh outdoors!

Includes the following:

- 3 nights accommodation
- 9 gourmet spa meals
- 1 full body massage
- use of spa, pools, equipment
- guided morning walk
- unlimited walking on your own
- guided afternoon hikes
- souvenir water bottle
- spa favorites cookbook
- specialty tea or coffee in the 1871 Lodge
- B.C. hotel tax

	Quad	Triple	Double	Single
	\$548.	\$584.	\$605.	\$774.
EXTRA DAY	\$151.	\$162.	\$170.	\$226.

3 night deluxe hike 'n spa vacation

Includes all the above PLUS the following:

- 2nd massage treatment
- foot spa treatment
- all aquafit classes
- all aerobic classes
- daily guided hikes
- hayride sing-along party

	Quad	Triple	Double	Single
	\$805.	\$840.	\$864.	\$1033.
EXTRA DAY	\$168.	\$179.	\$187.	\$243.

6 night wilderness fitness adventure

Enjoy the super-natural outdoor landscape. This wilderness adventure fitness program is designed for those who want to get "fitter" and challenge themselves in your choice of 3 outdoor adventure wilderness activities in addition to the regular fitness program available. Your body will become tighter and leaner from daily wilderness mountain biking, daily canoeing and daily cross-country hiking! Our outdoor fitness specialists will spend 3 hours daily to help you achieve your potential. Includes: all items in the "Inches Off" Package (as outlined on Page 3) including twice daily guided hikes/walks, plus

- daily hiking with private guide, or
- daily mountain bike expedition with private guide, or
- daily canoeing and rowing with private guide
- a massage and an herbal wrap
- a hydro-therapy treatment
- a foot spa treatment

	Quad	Triple	Double	Single
6 NIGHT 7 DAY	\$2172.	\$2241.	\$2292.	\$2621.
EXTRA NIGHT	\$155.	\$165.	\$175.	\$230.

All Packages include complimentary nightly Coffee or Tea in our new 1871 Lodge.

- G.S.T. AND GRATUITIES NOT INCLUDED -

ride 'n spa adventures

Can you imagine 20,000 acres? That's what you look out from your chalet and see on your **Hills Horseback Holiday!** Your own friendly horse, fantastic food, friendly knowledgeable cowboys and guides, all part of your ranch holiday at **The Hills**. Plus you can go to any fitness class or workout, plus have spa treatments.

2 night ride 'n spa

Includes: 2 Nights accommodation, 2 Breakfasts, 2 Lunches, 2 Dinners, 2-2 Hr. Horseback Rides, 1 Hayride Sing-along Party, 1 Relaxation Body Massage, Indoor Pool, 2 Jacuzzis, Saunas, Exercise Room, 2 Guided Walks, Hike, B.C. Hotel Taxes plus all fitness classes and workouts.

OPTION: Cowboy Breakfast Ride which is a half day ride with Cowboy breakfast cooked on the open trail, add \$39. per person.

	Quad	Triple	Double	Single
Per Person	Sharing	Sharing	Sharing	
2 NIGHT	\$520.	\$544.	\$559.	\$671.

5 night ride 'n spa

Includes: 5 Breakfasts, 5 Lunches, 5 Dinners, 5 Horseback Rides, 1-1 Hour Horseback Ride, 2-2 Hour Rides, 1 Half-Day Ride and Cowboy Breakfast served on the Open Trail, 1 All-Day Cowboy Cookout Ride, 1 Hayride Sing-along Party, 2 Relaxation Body Massages, 1 Facial, 1 Manicure, 1 Pedicure, 1 Hydro-Therapy Treatment, Indoor Pool, Jacuzzis, Saunas, Exercise Rooms, Daily Guided Walks, Hikes, Hotel Taxes.

	Quad	Triple	Double	Single
Per Person	Sharing	Sharing	Sharing	
5 NIGHT	\$1480.	\$1538.	\$1588.	\$1867.

Per Person				
EXTRA DAY	\$213.	\$224.	\$233.	\$289.

Includes: 1 Breakfast, 1 Lunch, 1 Dinner, 1 Horseback Ride, Accommodation, Indoor Pool, 2 Jacuzzis, Saunas, Exercise Room, B.C. Hotel Taxes.

6 night connecting with horses

Ride the range, while participating in a revolutionary stress relief program where you spend time with one of our ranch horses, enjoying daily extensive riding and learning to communicate in new and exciting ways! Low-fat healthy nutrition, daily exercise, stress relaxation classes and personal horse and rider training sessions complete your spa week at the ranch. Includes: all items in "Inches Off" Package (except nutritional consultation) plus

- private riding lesson... becoming one with a horse
- massage and hydro-therapy treatment
- 1 horse communication workshop
- spa foot treatment
- 1 horse safety workshop
- scalp and hair treatment
- 16 hours riding the range

	Quad	Triple	Double	Single
6 NIGHT 7 DAY	\$2134.	\$2202.	\$2255.	\$2585.
EXTRA NIGHT	\$164.	\$175.	\$185.	\$239.

All guests ride at their own risk and will be asked to sign a Waiver and Liability Release before riding at our Stable.

G.S.T. AND GRATUITIES NOT INCLUDED

anti-aging & medi-spa programs

6 night smoking cessation

Choose to quit smoking in an environment that pursues total lifestyle wellness by addressing nutrition, exercise and stress management; in addition, receive medical advice, one on one lifestyle support and Lifestyle Wellness Workshops. Includes: all items in "Inches Off" Package, (as outlined on Page 3) plus

- medical consultation
- smoking cessation and wellness enhancement consultation
- meditation relaxation session
- hydro-therapy treatment
- 3 massages

	Quad	Triple	Double	Single
6 NIGHT 7 DAY	\$2085.	\$2153.	\$2204.	\$2533.
EXTRA NIGHT	\$174.	\$186.	\$190.	\$250.

6 night "sleep again"

Transforming seasonal and lifestyle blues into newfound energy and wellbeing. A wholistic, highly individualized program to help you shift out of low and keep feeling good long after you leave. Take home your own personalized wellness skills guide, portable light therapy unit and aromatherapy kit too. Includes: all items in "Inches Off" Package, (as outlined on Page 3) plus:

- fitness assessment
- medical, nutrition and aromatherapy consultation
- wellness enhancement consultation
- yoga and meditation
- daily light therapy
- 5 massages

	Quad	Triple	Double	Single
6 NIGHT 7 DAY	\$2518.	\$2586.	\$2638.	\$2967.
EXTRA NIGHT	\$172.	\$183.	\$192.	\$247.

care for caregivers

Designed especially for those who care for loved ones or serve in the helping professions. Your stay can be as energetic and social or quiet and contemplative as you like. Includes all items in Inches Off Package plus:

- 2 individual sessions with a trained counselor, an opportunity to debrief, gain perspective and alleviate or

- prevent burn-out
- 1 full body massage
- special caregivers' discount on any additional spa services
- full use of spa facilities, trails system, fitness classes and wellness workshops pertinent to caregivers
- yoga classes for relaxation and energy
- appetizing, nutritious meals
- guided hikes and walks

	Quad	Triple	Double	Single
6 NIGHT 7 DAY	\$1770.	\$1839.	\$1892.	\$2221.
EXTRA NIGHT	\$170.	\$182.	\$190.	\$245.

6 night anti-aging blitz

Improve your fitness and mobility, renew your facial features, with 3 anti-aging facial treatments. Plus strengthen and tone your body with a personal trainer, fuel your body and mind with healthful meals and daily Wellness Workshops. Learn appropriate care for your skin type. Includes: all items in "Inches Off" Package, (as outlined on Page 3) plus:

- 2 full body massages
- medical consultation
- 2 personal training sessions
- age eraser facial
- accupressure facial anti-aging session
- rosehip oil
- rosehip facial

	Quad	Triple	Double	Single
6 NIGHT 7 DAY	\$2185.	\$2254.	\$2306.	\$2635.
EXTRA NIGHT	\$174.	\$185.	\$194.	\$249.

6 night rehab & recovery

Did you just get out of the hospital and need a place to get a fresh start? Combining our medical assessment and our wellness professionals (or 3 1-hour spa treatments of your choice) with a complete lifestyle change of personalized daily exercise, with regular personal training, low-fat healthy nutrition, relaxation classes and Lifestyle Wellness Workshops. Includes: all items in "Inches Off" Package, (as outlined on Page 3) plus:

- medical consultation
- 2 wellness enhancement consultations
- 3 personal training consultations or 3 1-hour spa treatments of your choice
- hydro-therapy treatment

	Quad	Triple	Double	Single
6 NIGHT 7 DAY	\$2062.	\$2131.	\$2183.	\$2512.
EXTRA NIGHT	\$172.	\$182.	\$190.	\$245.

- G.S.T. AND GRATUITIES NOT INCLUDED -

weight loss 'n spa retreats

6 night inches off package

See details and prices on page 3.

10 night weight loss

This package gives you a chance to really knuckle down and pour yourself into smaller sizes at the dress shop! Our staff works with you from morning till you retire in the evening each day to help you accomplish your goal. Your package includes:

1. 10 nights accommodation in our new Lodge rooms or one of our cozy chalets
2. full meal plan, nutritionally balanced, calorie counted and reduced
3. complete fitness assessment upon arrival and recheck before your departure
4. nutritional consultation
5. wellness enhancement consultation
6. full daily schedule of classes
7. daily guided hikes, walks
8. workshops - nutrition, lifestyle, fitness & stress, food shopping
9. 1 full body massage and 1 dry brush massage
10. a spa manicure with paraffin treatment
11. a spa pedicure with paraffin treatment
12. fabulous Hills facial
13. herbal wrap
14. 1 hydro-therapy treatment
15. 1 scalp and hair treatment
16. hayride sing-along party
17. personal training session
18. The Hills recipe book & complimentary water bottle
19. specialty tea or coffee in the 1871 Lodge
20. B.C. Hotel Taxes

	Quad	Triple	Double	Single
10 NIGHTS	\$2655.	\$2786.	\$2849.	\$3425.
EXTRA NIGHT	\$166.	\$180.	\$185.	\$245.

30 night weight loss

The extended wellness vacation created for those who really need to maximize their weight loss. Invest the time, create a new improved lifestyle to take home and chisel a new you out of the old you.

Includes: all items in the "10 Night Weight Loss Program" plus 2 extra personal training sessions with 30 nights accommodation

	Triple	Double	Single
30 NIGHTS	\$6077	\$6258.	\$7895.
EXTRA NIGHT	\$179.	\$189.	\$242.

golf 'n spa

Enjoying golfing in the sunny and warm South Cariboo, on 2 great golf courses... the challenging CPGA approved 108 GOLF COURSE, and the EXECUTIVE COURSE in 100 Mile House, 2 great golf challenges, at fabulous package prices. Includes: 2 meals each day, 18 holes of golf each day, 1 spa foot treatment, accommodation, a memorable hayride sing-along party, B.C. Hotel Taxes. Your choice of up to 3 bedrooms in 1 chalet.

5 night

	Quad	Triple	Double	Single
Per Person	Sharing	Sharing	Sharing	
5 NIGHT	\$764.	\$821.	\$862.	\$1145.

2 night

	Quad	Triple	Double	Single
Per Person	Sharing	Sharing	Sharing	
2 NIGHT	\$339.	\$363.	\$379.	\$491.
Per Person				
EXTRA DAY	\$134.	\$146.	\$155.	\$215.

- G.S.T. AND GRATUITIES NOT INCLUDED -

winter ski 'n spa

couples christmas 2008 "sleep on the slopes"

3 nights accommodation, 3 breakfasts, 3 dinners, 1 full body relaxation massage, sleigh ride, sing-along party, half day tube rental for Avalanche Alley, 3 days cross country ski pass, passes for skating rink & all ponds. Complimentary drinks nightly in the "New" 1871 Tea Parlour or Coffee Saloon! Additional charge for New Years Eve.

Price per person

3 NIGHT 4 DAY only \$432.
ADD \$40. each for New Years Eve

6 night all canadian winter adventure

Includes 6 nights accommodation, all daily meals, half day sled dog tour, half day snowmobile tour, unlimited snow tubing, unlimited downhill skiing, unlimited cross country skiing. A daily full body massage, unlimited aerobic classes, unlimited aquafit classes, a sleigh ride and sing-along party. Includes B.C. Hotel tax.

	Quad	Triple	Double	Single
PER PERSON	\$1835.	\$1902.	\$1953.	\$2282.
EXTRA NIGHT	\$138.	\$150.	\$159.	\$214

3 night all canadian winter adventure

Includes 3 nights accommodation, all daily meals, half hour sled dog tour, one hour snowmobile tour, half day snow tubing pass, one day of downhill skiing, one day of cross country skiing. a sleigh ride sing-along party, and any ski rental equipment. Includes BC Hotel tax.

	Quad	Triple	Double	Single
PER PERSON	\$582.	\$617.	\$638	\$809.
add \$40 each for New Years Eve				
EXTRA NIGHT	\$152.	\$163.	\$171.	\$227



The Hills Health & Guest Ranch Ltd., related companies, other companies, corporations or individuals providing facilities and/or services assume no responsibilities whatsoever for damages, injury, losses, accidents, delays or irregularities arising from and/or occurring during the use of its facilities and/or services. The Hills Health & Guest Ranch Ltd. reserves the right to cancel or modify services as local conditions warrant without notification.

Gratuities are not included, but are added on at 14%, at the guests' discretion. Spa holidays commence with dinner on night of arrival and end with lunch on the day of departure.

Checkin: After 3:00 p.m. Check-out: 11:00 a.m.

*Prices subject to change without notice.

Reservations

To confirm space, a deposit of \$100.00 or 25% of the package price (whichever is greater) must be received at the The Hills at least 30 days prior to arrival date. Cancellations must be advised in writing - 30 days or more before arrival date - 100% refund; 50% refund 15-29 days before arrival date; no refund 0-14 days before arrival date.

For more information on the Canadian Wellness Centre & Spa write or call:

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AIR CANADA



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