

Story Time - Spa & Wellness



Osoyoos Wellness. Soothing care for the body, mind & spirit.



Imagine doing lakeside yoga as the sun comes up over the mountains, glinting off the crystal-clear waters of Osoyoos Lake... Imagine walking along sandy trails with the smell of fresh sagebrush and the sun-warmed aroma of sweet fruits on the breeze... Imagine taking an invigorating early morning hike up Mt. Kobau just in time to reach the summit and see the sun bathe the orchards and vineyards in golden light... Imagine enjoying an afternoon of spa pampering that starts with a glass of local organic wine that leaves you feeling like Jell-O from head to toe...

The imagined becomes real in Osoyoos – a wellness lover's dream destination offering sublime experiences that soothe and rejuvenate the body, mind and spirit, far from the stresses of hectic city life.



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Desert-inspired, spiritual & indigenous treatments

Perhaps the magical feel of Osoyoos stems from the spiritual roots of the Okanagan Valley, dating back hundreds of years to the rituals of the 'Syilx' First Nations people. This is the place to move forward on your journey to wellness.

Engage in a desert or indigenous-inspired treatment at Sonora Desert Spa that incorporates the essence of lavender and cactus. Unique in the Okanagan, the professional therapists at Sonora Desert Spa have embraced the desert environment and have created a menu of treatments which reflects the unique elements of the region. A range of innovative vino-therapy treatments is now being added to the Spa's wide variety of services.

Sonora Desert Spa at Spirit Ridge Vineyard Resort www.sonoradesertspa.com

Active wellness experiences

Breathe Studios provides a calm and welcoming studio offering a range of fitness and wellness classes. Choose from pilates, various yoga styles, and belly dancing. If you are looking for a test of your athletic skills, Breathe even offers a "boot camp" class to really make you sweat! It even presents special yoga and pilates workshops for golfers, to get you primed for a season on the greens.

Breathe Studio. Yoga. Pilates. Health. www.osoyoospilates.com

Innovation in beauty

Looking for something different? Smudge Body is an Osoyoos-based entrepreneurial company started by two innovative women who have launched their handmade, all-natural product line that focuses on bath, body and makeup. The bulk of the line uses indigenous plants and flowers found in Osoyoos and area. Highlights include Luxurious Lavender Bubble Bath, Lemon Verbena Body Cream, Wild Tea & Ginger Body Butter, and Chocolate Pear Butter Cream.

Smudge Body www.smudge.ca

Retreat treats

Local resorts are embracing wellness as a growing trend in the Okanagan, by offering yoga and wellness education weekends, couples coaching retreats, and special women's wellness weekends.

Yoga & Wellness Retreats at Spirit Ridge Vineyard Resort (seasonal) www.spiritridge.ca/yoga