



Spa treatments and amenities offer a blissful retreat at Whistler's luxury lakeside resort

Make sweet dreams a reality with Nita Lake Lodge's Sleep Therapy package

Nita Lake Lodge's new Sleep Therapy package offers a restful retreat from the stresses of city life. As Whistler's only lakeside property, and a leading destination for wellness, [Nita Lake Lodge's](#) expertly crafted package includes all the elements needed to ensure that each guest leaves rested, revived and re-energized.

"It can be difficult to fully relax, even on vacation, as we often feel the need to get out and explore," says Nita Lake Lodge's general manager, Theresa Ginter. "This unique package offers guests a reason to stay in and take advantage of our property's relaxing surrounds, while taking time to focus on themselves."

After checking in for a two-night stay, enjoy a late afternoon harmonizing 75-minute Kundalini massage – Nita's signature treatment uses chakra and sound healing to realign the body's rhythms and restore balance. Sip on a relaxing chamomile tea in The Spa's lounge or soak in a scenic rooftop hot tub after treatment. Guests can then float back to their suite to continue the state of stillness and enjoy the deep-soaker tub with organic lavender bubble bath, a plush king-sized bed, a calming fireplace, and a Zirbenherz sleep therapy pillow that can also be taken home (infused with pine oil, which promotes restorative and natural sleep by boosting mood and relieving mental and physical fatigue).

Guests may request the option of a lake-view suite to create a haven of natural serenity. Awake refreshed and rested the next morning and enjoy a leisurely late checkout of 12pm, courtesy of the hotel, the perfect opportunity to take advantage of the resort's wellness amenities: newly renovated spa-style hot tubs with mountain views; classes at Loka Yoga; complimentary bikes, stand up paddle boards, kayaks and canoes in summer; snowshoes and fat bikes in winter.

The Sleep Therapy package (rates starting from \$859 plus tax) is a welcome addition to Nita's wellness offerings, which include a relaxation package (one night stay plus two 60mins Swedish massages). For package availability and rates, visit www.nitalakelodge.com/specials or call 1.888.755.6482.



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