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Retreat to the Mountains for Wellness

BY Shelley Arnusch



MOUNTAINS

THE
Me Time
RETREAT

Relaxation lounge at the
Spa at Nita Lake Lodge.

Nita Lake Lodge

The only lakeside hotel in Whistler, B.C., Nita Lake Lodge makes an ideal D.I.Y. wellness getaway. The lodge's location in the Creekside neighbourhood provides the alpine-chic property with some remove from the hustle and bustle of Whistler Village, though if you do want to stroll the village a hotel shuttle makes it easy to do that, too. Once you settle in, however, you might not see much reason

to leave — unless it's for a walk or run along the trails that follow the shore of the mountain lake on your doorstep. During the warm-weather months, lodge guests can also make use of complimentary kayaks and stand-up paddleboards that are kept tethered to the hotel's dock during the day.

Start your stay on the right foot with a Kundalini massage treatment at the in-house Spa at Nita Lake Lodge, an intimate space decorated in contempo-

rary west coast style of fresh whites and soothing greys with natural-wood elements. The head-to-toe Kundalini treatment recalls ancient practices of weary travellers having their feet washed when they arrive at their destination by starting with an invigorating foot scrub (particularly invigorating for those with ticklish feet). That's followed by gentle massage work on the back and, the best part, a soothing facial massage using argan-rose oil.

BELOW Nita Lake Lodge's Aura Restaurant and Cure Lounge both offer al fresco lakeside dining during the warm-weather months. BOTTOM In addition to the two hot tubs on the roof-top garden patio, the lodge also has a lakeside hot tub and plunge pool.



Afterwards, you can lounge on the lodge's rooftop garden and enjoy views of the surrounding peaks from one of the two hot tubs. Nita also has an independently run yoga studio on the premises, Loka Yoga, which offers daily restorative classes.

If you do venture beyond the lodge, keep the wellness vibe going at Scandinave Spa Whistler. The Norwegian-style outdoor spa recommends following a cycle that begins with heat (a stint in a steam room, sauna or hot pool), followed by a cold plunge or shower and a session of relaxation in either the outdoor or indoor lounge areas. Built into the landscape of the mountainside, Scandinave has a no-talking-no-cellphones rule, which allows you to tune out in a way that is increasingly rare in a hyper-connected world, while tuning in to the beauty of the alpine setting.

nitalakelodge.com;
scandinave.com/whistler