



Heal Your Body, Mind and Soul with Watermark Beach Resort's Wellness Packages

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Treat yourself to moonlit paddleboarding, detoxifying spa treatments, stargazing and more

Health should be a key priority for everyone, yet too often the chaos of everyday life gets in the way of relaxation and healing. Luckily, [Watermark Beach Resort](#) has come up with the perfect solution: combine a lakeside holiday with rejuvenating add-ons in an inspired, outdoorsy setting. This spring, the resort is rolling out the wellness welcome mat with two health-focused packages, relaxing spa treatments and a Total Solar Eclipse event, which will leave guests feeling energized, relaxed and inspired to refresh their routines with regular self-care.



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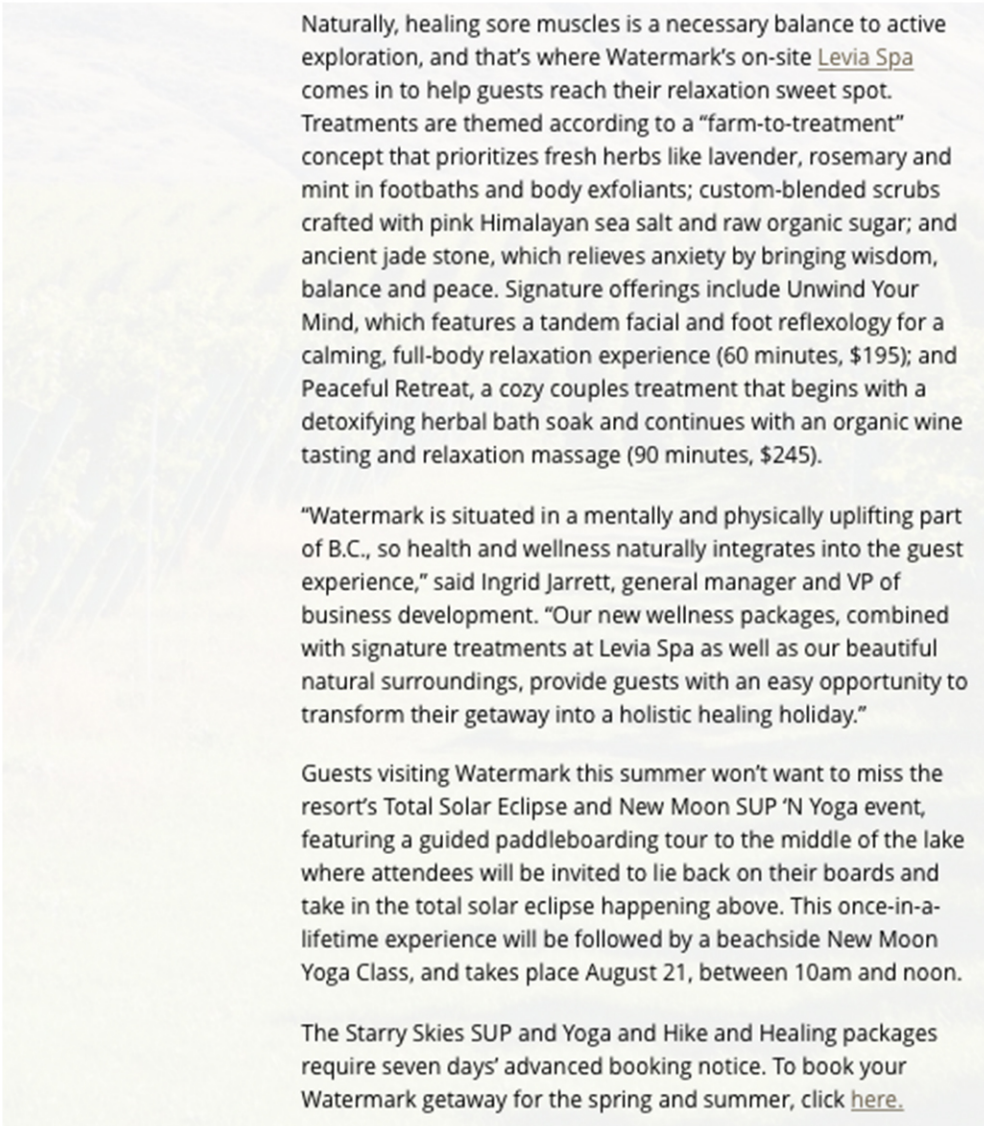
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Watermark's wellness program is led by trained Wellness Coordinator Kelsi Bissonnette, who built the resort's new holistic packages to honour the spiritual side of fitness. [The Starry Skies SUP and Yoga Package](#) harnesses the calming powers of the evening sky with a moonlit stand-up paddleboarding excursion along Canada's warmest freshwater lake; private beachside yoga class for two; stargazing lesson led by a local astronomy guide; and, for the grand finale, a cozy picnic featuring local wines and cheeses. The package also includes two nights' accommodation in a one-bedroom lakeview suite and starts at \$679 plus tax (all packages based on double occupancy, and available between May and October 2017). Bonus: guests who book rooms on May 10, June 9, July 9, August 7 or September 6 will be guided with extra light as the full moon lights up the sky.

Alternatively, travellers keen to work up a sweat can choose the [Hike and Healing Yoga Package](#), which encourages cultural and personal exploration in Osoyoos' natural paradise. The package includes an educational First Nations plant tour and hike of McIntyre Bluff (also known as Nylyntin by the Osoyoos Indian Band); a restorative yoga class that incorporates essential oil therapy; and an Herbal Healing Body Balance Scrub and Massage, which harnesses the power of natural ingredients to soothe aching limbs. Guests will enjoy two nights in a one-bedroom suite; the package starts at \$849, plus tax.

Kelsi has led Pilates and group workout classes for more than two decades, and currently develops and oversees 25 [workout classes](#) at Watermark. Throughout the year, she offers guests a diverse roster of heart-pumping activities like beach yoga and Pilates; high-energy fitness lessons that incorporate TRX and Yogilates; soothing meditation workshops; and more. She also hosts seminars that teach necessary health skills like safe detoxing and how to create "desire maps", and runs retreats centred on outdoor activities like golf and stand-up paddleboard yoga. Year-round, Watermark's [wellness program](#) encourages guests to rent paddleboards, join bike tours or perfect their sun salutations lakeside.



Naturally, healing sore muscles is a necessary balance to active exploration, and that's where Watermark's on-site [Levia Spa](#) comes in to help guests reach their relaxation sweet spot. Treatments are themed according to a "farm-to-treatment" concept that prioritizes fresh herbs like lavender, rosemary and mint in footbaths and body exfoliants; custom-blended scrubs crafted with pink Himalayan sea salt and raw organic sugar; and ancient jade stone, which relieves anxiety by bringing wisdom, balance and peace. Signature offerings include Unwind Your Mind, which features a tandem facial and foot reflexology for a calming, full-body relaxation experience (60 minutes, \$195); and Peaceful Retreat, a cozy couples treatment that begins with a detoxifying herbal bath soak and continues with an organic wine tasting and relaxation massage (90 minutes, \$245).

"Watermark is situated in a mentally and physically uplifting part of B.C., so health and wellness naturally integrates into the guest experience," said Ingrid Jarrett, general manager and VP of business development. "Our new wellness packages, combined with signature treatments at Levia Spa as well as our beautiful natural surroundings, provide guests with an easy opportunity to transform their getaway into a holistic healing holiday."

Guests visiting Watermark this summer won't want to miss the resort's Total Solar Eclipse and New Moon SUP 'N Yoga event, featuring a guided paddleboarding tour to the middle of the lake where attendees will be invited to lie back on their boards and take in the total solar eclipse happening above. This once-in-a-lifetime experience will be followed by a beachside New Moon Yoga Class, and takes place August 21, between 10am and noon.

The Starry Skies SUP and Yoga and Hike and Healing packages require seven days' advanced booking notice. To book your Watermark getaway for the spring and summer, click [here](#).