

EXPERIENCES

The Psychedelic Therapy Wellness Retreat That Will Revolutionize Canada

The Canadian company, Dimensions, launches its first retirement destination. 'Dimensions Algonquin Highlands' will offer treatments based on medicinal plants.

BY MARIA BELEN ARCHETTO

June 10, 2022



“We are pleased to announce our first location in the spectacular Algonquin Highlands , the ancestral homeland of the Anishinaabeg peoples ,” said **Andrew Galloway** , Co-Founder and COO of **Dimensions** .



The retreat will have a space for yoga and other activities such as acupuncture and reiki. Rendering: Design Agency

Founded in 2021 by **Chris Dawson** , **Andrew Galloway** , **David Heden** and a team of leading clinicians, therapists and hospitality experts, **Dimensions** aims to establish a new paradigm for wellness and mental health.

The company’s programs include psychedelic-assisted ceremonies, sessions conducted by plant experts, and **psychedelic therapists** specializing in natural settings.

Canada 's **retreat** , meanwhile, will provide access to healing modalities and medicinal plants such as cannabis and cocoa, as permitted by the local municipality; as well as psilocybin for guests who have been approved for exemptions from *Health Canada* 's List 56 and Special Access Programs.

“Over the past year, our team of clinical and hospitality experts have worked to develop evidence-based programs that are aligned with the most innovative thinking in this emerging field, while also respecting and honoring the history and use of **medicinal plants** . Chris Dawson points out.



'Dimensions Algonquin Highlands' will be based in North Toronto. Rendering: Design Agency

'Dimensions Algonquin Highlands' will be home to 17 **private cabins, a dining room and spa facilities**. Its luxurious, minimalist design has been conceived in close collaboration with creative studio **DesignAgency**, while landscape architect **Joel Loblaw** worked on the grounds to erect a **meditation labyrinth and aroma garden for private reflection**.

“**Dimensions**' design vision was based on the principles of grounding, refined elements and sacred geometry. All aspects have been carefully studied to support guests on their journey towards **personal growth**, wellness, self-**knowledge** and self-improvement”, says **Anwar Mekhayech**, co-founder of **DesignAgency**, in an interview with *Condé Nast Traveler*.

Integrating into the landscape, reflecting the rural aesthetic developed by previous generations, and helping guests find their rhythm and immerse themselves in the **healing benefits of nature** were just some of the most intrinsic pursuits of the renowned agency together with **Dimensions**.



The views from one of the 17 cabins at 'Dimensions Algonquin Highlands'. Rendering: Design Agency

"With the principles '*set and setting*' as a guide (a term that refers to the mindset, 'set', and the physical and social environment, 'setting').

DesignAgency leaned on the philosophies of **natural or biophilic design** , hygge (comfort and satisfaction) and wabi-sabi (beauty in imperfection/authenticity), to positively enhance the **experience of psychedelic-assisted therapy** .

" **Cabin** interiors feature tactile natural materials, calming palettes and quiet spaces that encourage comfort and stillness. Large windows fill the cabins with natural light and open them up to panoramic views of the lake or forest, as well as stargazing at night," adds Anwar Mekhayech.

The property will include an orchard, apiary and organic garden, the fruits of which will complement other local ingredients to provide the basis for the **retreat's menus**

Activities such as **yoga . qigong . acupuncture . reiki** , craniosacral therapy, sound therapy and deep tissue massage will also take place there, as well as a variety of outdoor proposals, including paddle surfing and hiking, will be available to those who participate.



Rendering: Design Agency

PRACTICAL DATA

'**Dimensions Algonquin Highlands**' can be reached from **Toronto** in three hours by car, and one hour by helicopter or private plane to nearby Stanhope Municipal Airport (CND4).

The retreat will host private groups beginning in July 2022, with plans to offer a full program beginning in 2023. Following this, Dimensions guests will receive ongoing integration and ongoing care.

At the moment they anticipate that the groups will be between **10 and 15 people** , and that any traveler interested in booking can register through the contact portal on the website. This way they will receive the updates as soon as they are available.

RESERVE