

DIMENSIONS

Dimensions Algonquin Highlands Announces All Inclusive Valentine's 'Escape' Retreat

The luxury, wellness-focused retreat is cannabis-friendly and located in lush woodlands on Maple Lake Ontario

TORONTO, January 12, 2023 - [Dimensions](#), a Canadian company offering retreat experiences for personal growth, well-being, and creative exploration, has announced an all-inclusive Valentine's wellness retreat at its Algonquin Highlands property. Dimension's nightly signature group sound bath, cold exposure therapy, flotation tank, daily bodywork massage treatments and guided movement practices are among the healing modalities being offered to couples on Retreat at the 45-acre luxury wellness destination, located on the shores of Maple Lake, 2.5 hours north of Toronto from February 8 through to February 12.

The [Valentine's 'Escape' retreat](#) is cannabis-friendly and will be limited to only seven couples per night to ensure that guests can enjoy a luxurious and private wellness experience. In support of the ultimate couples' experience, guests receive a pre-arrival consult, and access to daily guided biofeedback, breathwork, yoga, qigong, Thai massage, reiki, and mindfulness-based nature walks. All meals are included and prepared daily to suit all dietary needs by Dimensions Algonquin Highlands' Executive Chef Miriam Echeverria.

Guests will also be able to participate in outdoor winter activities including snowshoeing and cross-country skiing, wildlife tracking, star gazing and hiking. The location features some of Ontario's finest nature, including shining waters, rugged hills, and year-round wildlife sightings.

The Algonquin Highlands property was designed by internationally renowned creative studio DesignAgency to help guests immerse themselves in the healing benefits of nature. Newly constructed facilities include 17 private cabin suites, a dining lodge, meditation dome and bodywork facilities.

The Valentine's Escape begins on Wednesday, February 8, and is available through to Sunday, February 12, 2023. All inclusive stays start at \$1,350 CAD per couple per night, are based on a two-night minimum and can be booked at 1-888-884-4222 or online at: <https://dimensionsretreats.com/valentines-wellness/>.

Getting there

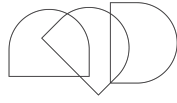
Dimensions Algonquin Highlands can be reached from Toronto, Ontario in 2.5 hours by car, and one hour by helicopter, or private air to the nearby Stanhope Municipal Airport (CND4).

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