



Dimensions: Retreats in the Algonquin Highlands, Ontario

by Cherie DeLory

Dimensions is an all-seasons luxury healing retreat, with a comprehensive wellness and clinical team to provide restorative wellbeing. This dog and cannabis friendly retreat is located on 45 woodland acres along the sandy shores of Maple Lake, in the Algonquin Highlands near Haliburton, Ontario, a 3-hour drive north of Toronto.

The setting reminds me of my childhood summer camp days, when stress wasn't a reality, and fresh air and evergreens abounded. Upon closer inspection, this adult-only wellness retreat is everything good about your childhood camp memories, reimagined and elevated for adults who want to experience luxury in nature. The indoor vibe is a crisp, midcentury modern aesthetic with all the

desired creature comforts; leaving you wanting for absolutely nothing, except a few extra nights stay.

In addition to the Wellness retreat that I experienced, Dimensions currently offers three other retreats that practice healthy ways to manage trauma and stress: the four-day Ascend retreat includes a plant medicine ceremony, the 10-day veterans-only Elevate retreat, and Actuate for corporate retreats. The Winter Wellness Retreat runs January 10th through February 19th, 2024, and more Wellness retreats will be offered sporadically throughout the year.

The summer Wellness retreat program is a two-night all-inclusive stay that includes guided forest bathing, a sound bath ceremony,

floatation tank therapy, and biosound session that will calm your nerves and awaken your senses. There's a private dock for yoga and lounging; and floating, boating and swimming in the clearest lake I've ever experienced. I couldn't resist going into the water for a restorative swim.

Apart from the all-inclusive offerings, guests can book more wellness modalities including massage therapy, cacao ceremony, acupuncture, reiki, mindfulness, and cold-water immersion therapy.

Maple Lodge is where guests gather at the harvest table for wholesome and delicious organic, gut-friendly meals, prepared by Mexican born and raised Executive Chef Miriam Echeverria, using produce from local farms and freshly picked mint, green onions and tomatoes from the garden.

At any hour, guests can relax in the lodge and choose from a selection of organic Pluck teas, fancy lattes and cold drinks, and homemade treats to munch on from the grab-and-go mini fridge. I couldn't resist the chocolate brownies and energy bites should I require some nocturnal food therapy.

My luxury cabin left me breathless. This is 5-star boutique hotel calibre in the middle of the forest. Pine ceilings and oak cabinetry and floors bring nature inside. Windows open to the lulling breeze and lapping of the lake. If the wall-to-wall window seat and money-shot views of the lake weren't enough, I had a gorgeous ensuite bathroom, soaker tub with another view of the lake, and a scrumptious skincare collection provided by Telford, an all-natural plant-based Ontario line. Falling asleep was a dream with my organic pillow and bedding by Obasan.

On my last evening, after the sun had set and the stars were plainly visible, I sat by the campfire holding a cup of tea. With only the sounds of a lone loon calling across Maple Lake, the chirping crickets and the crackling embers, I was able to reflect on my wellness journey of self awareness, and the time I took to heal my body, mind and spirit. Then, a mosquito brought me back to reality and into my luxurious cabin to indulge in spa night. ■

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