

The Rise Nordic Spa

The Rise Nordic Spa offers a distinctive four-season hydrothermal experience, catering exclusively to adults seeking a healthy outdoor wellness experience. Nestled in the breathtaking Okanagan Mountains, the Rise Nordic Spa offers panoramic views of the pristine lake below, where guests can revel in the beauty of nature while forging meaningful connections with their fellow guests. Combining time-honored rituals with natural spa therapies guests are provided with unparalleled opportunities for rejuvenation, relaxation, and healing.

The Rise Nordic Spa

Capturing vibrant and breath taking views, the hydrotherapy trail in The Rise Nordic Spa, leads you to a place in nature where you can find rest and rejuvenation in an environment that is in harmony with the lake below and surrounding mountains.

Discover specialty saunas, steam rooms, vitality pools featuring therapeutic waterfalls, indoor and outdoor luxury lounge spaces, unique and distinctive wellness experiences as well as a Kneipp Foot Bath gently flowing through the spa like a mountain steam.

1. QUIET ZONE

- Hot Vitality Pool
- Warm Mineral Pool
- Grounding Meditation Path
- Grounding Cave
- Steam Room
- Snow Cave
- Sauna

2. SOCIAL ZONE

- Hot Vitality Pool
- Warm Mineral Pool
- Cold Plunge Pool
- Salt Scrub Station
- Mineral Clay Experience
- Saunas
- Steam Rooms
- Salt Inhalation
- Energizing Misting Showers
- Bucket Showers

3. REPLENISH ZONE

- Warm Saltwater Pool
- Wellness Cafe
- Outdoor Fireside Lounge
- Indoor Resting Lounge



Water

Hot + Warm

Mineral Water elements, such as vitality pools provide a therapeutic whole-body experience that promotes relaxation, stress relief and can boost the immune system while capturing the added benefits of the sea.

Hot Pool

Temperature: 34°C to 40°C

Complete immersion of the body in hot water, serves to relax muscles, decrease soreness and provide stress relief.

Warm Pool

Temperature: 32°C to 36°C

The gentle warmth of this pool provides health benefits, including calming the nervous system, and providing relief of muscle pain, fatigue, and stress.

Air Bubble Massage

The buoyancy of the water in connection with countless, sparkling air bubbles puts the body in a state of suspension promoting relaxation of the body and mind.

Hydro-Massage

Water jets provide a gentle and soothing massage. The use of different water pressure placed at different heights enables the targeted massage of individual body parts such as the back and leg muscles as well as the foot reflex zones.

Waterfalls

Waterfall features are designed for a perfect massage of the upper body, neck and shoulders – refreshing, relaxing, and stimulating the circulation.



Saunas

Hot Experiences

Communal Banya Sauna

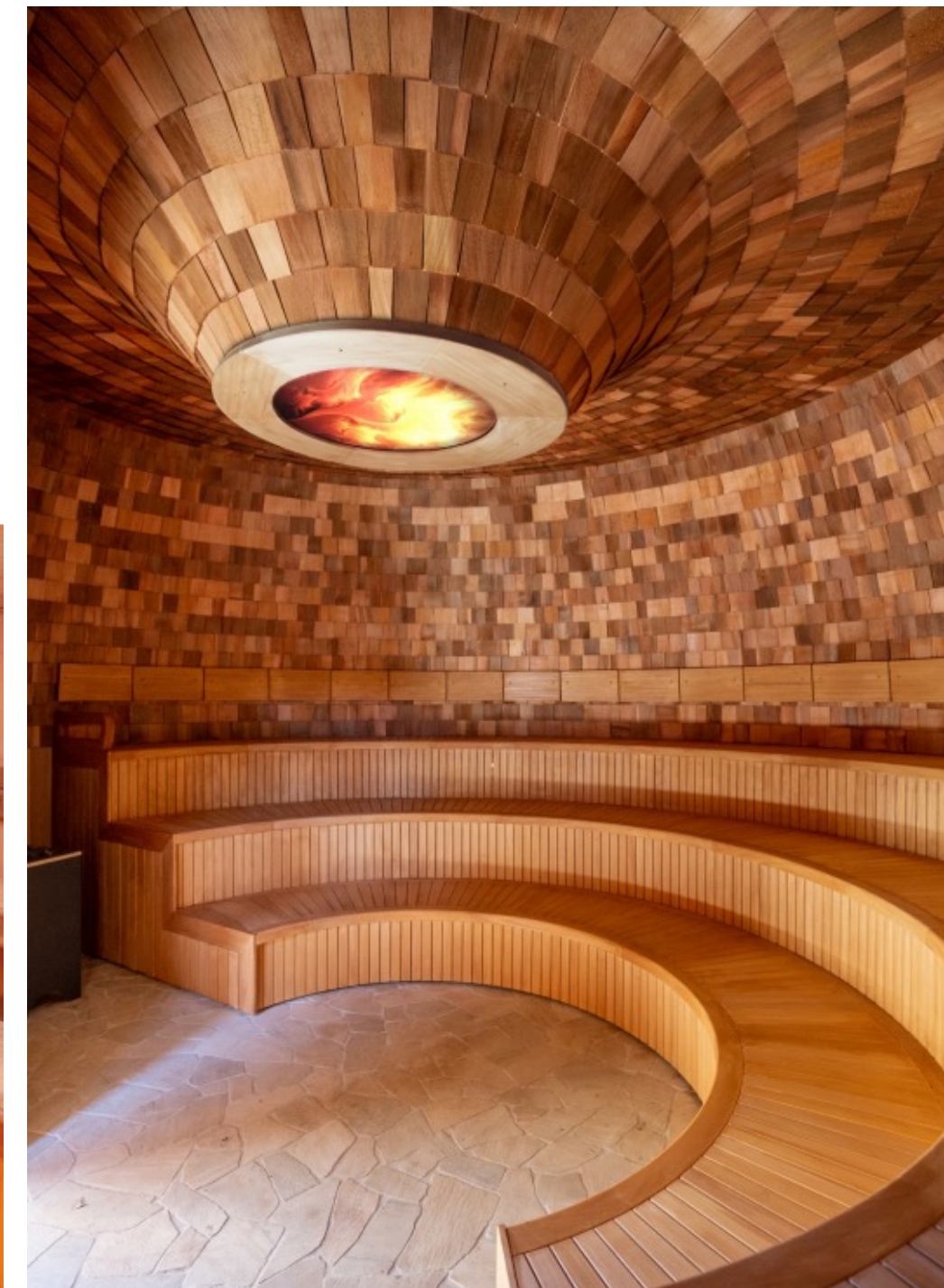
Temperature: 60°C to 90°C
Humidity: 60% to 70%

Experience a blast of humid heat as essential oil infused water is poured over hot rocks. As the air warms, the mind will relax, muscle tension will subside, and the detoxification process will begin.

Bio Sauna

Temperature: 50°C to 60°C
Humidity: 45% to 65%

The gentle warm air of the sauna will surround the body immediately relaxing and easing muscle tension. As the body temperature rises, circulation will boost, and toxins will be flushed from the body, and boost the immune system.



Saunas

Hot Experiences

Sky Sauna

Temperature: 60°C to 90°C

Humidity: 60% to 70%

Ladle essential oil infused water onto the warming rocks and as the vapours rise, so does your gaze. As you watch the airy skies above, let the body be enveloped by powerful heat stimulus. Muscle tension will subside as the body's circulation is boosted promoting relaxation and detoxification.



Herbal Inhalation Sauna

Temperature: 50°C to 60°C

Humidity: 45% to 65%

The gentle warm air of the sauna heats a special blend of local dried herbs of sage and lavender releasing an infusion of essential oil vapours that surround the body immediately relaxing and easing muscle tension. As the body temperature rises, circulation will boost, and toxins will be flushed from the body, and boost the immune system.



Steam Room

Hot Experiences

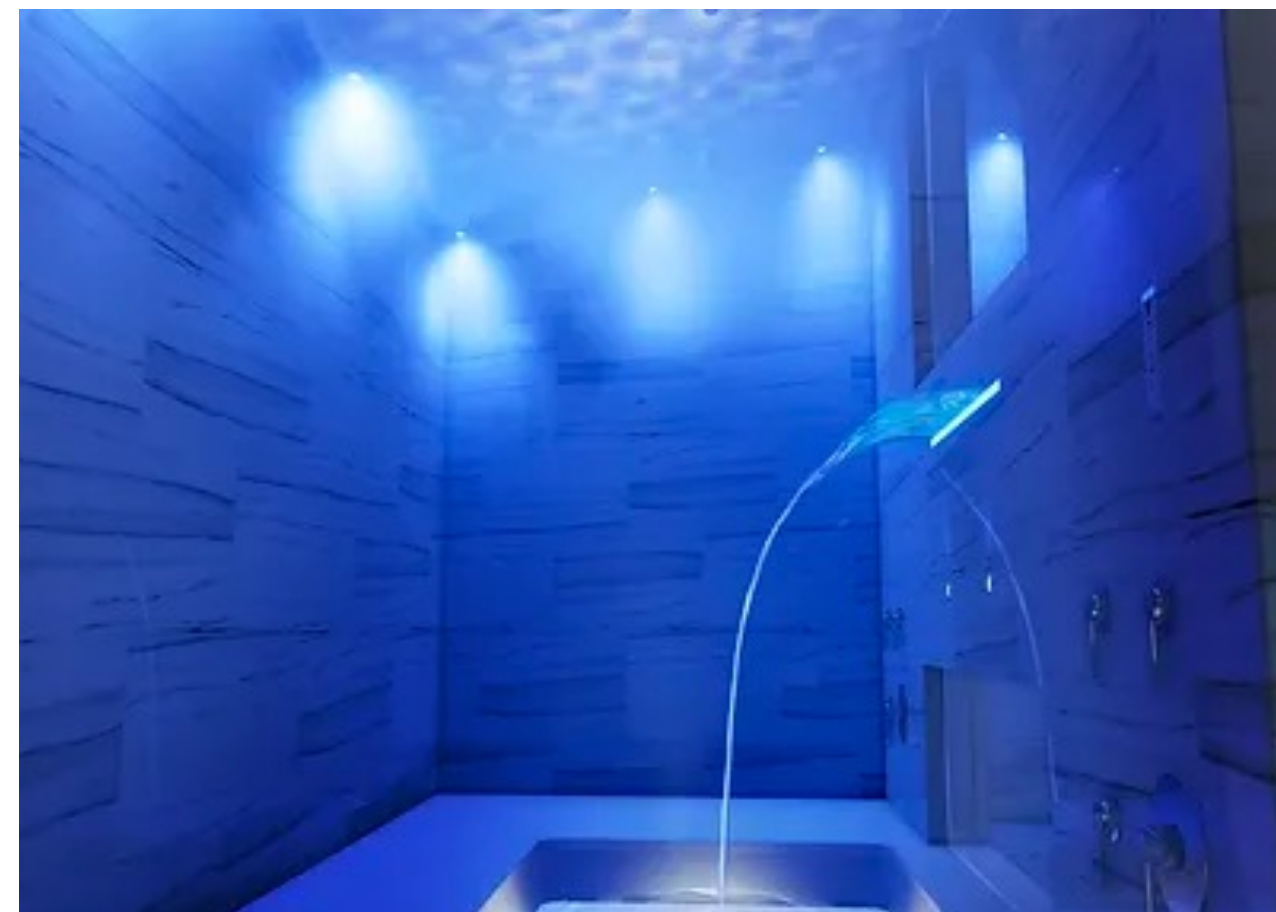
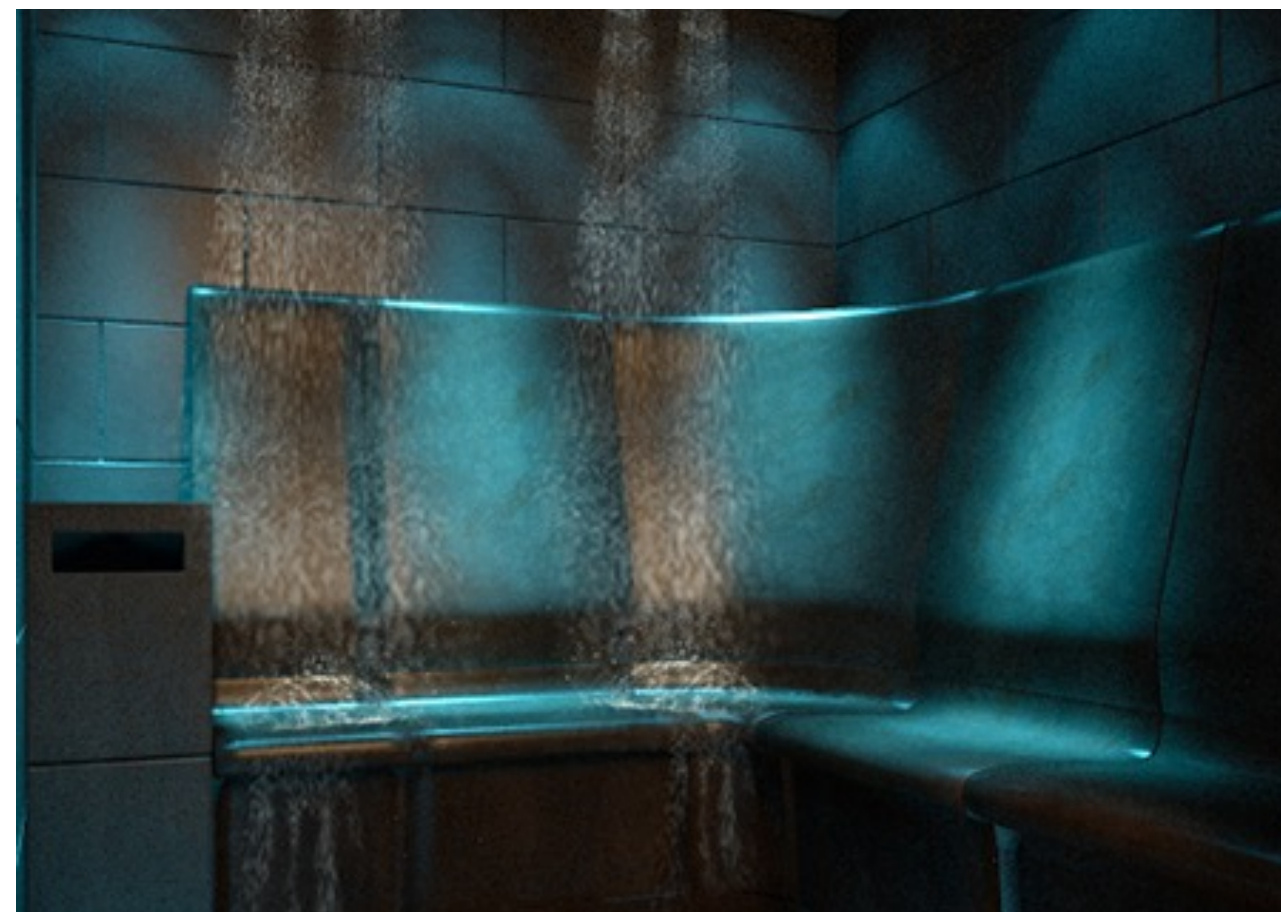
Lavender Steam Room

Temperature: 40°C to 47°C

Humidity: 100%

Purifying steam combined with a blend of essential oils will envelop the body in an intensive warmth and humidity which will aid in muscle relaxation, detoxification, and deliver positive moisturizing effects on the skin.

Within the steam room, a cascading cold-water wall is only steps away providing the perfect contrast bathing experience. The alternating of hot and cold, using the water wall ensures that a good supply of blood is pumped through the veins, helping to flush toxins and regulate the blood.



Steam Room

Hot Experiences

Smokey Sage Steam Room

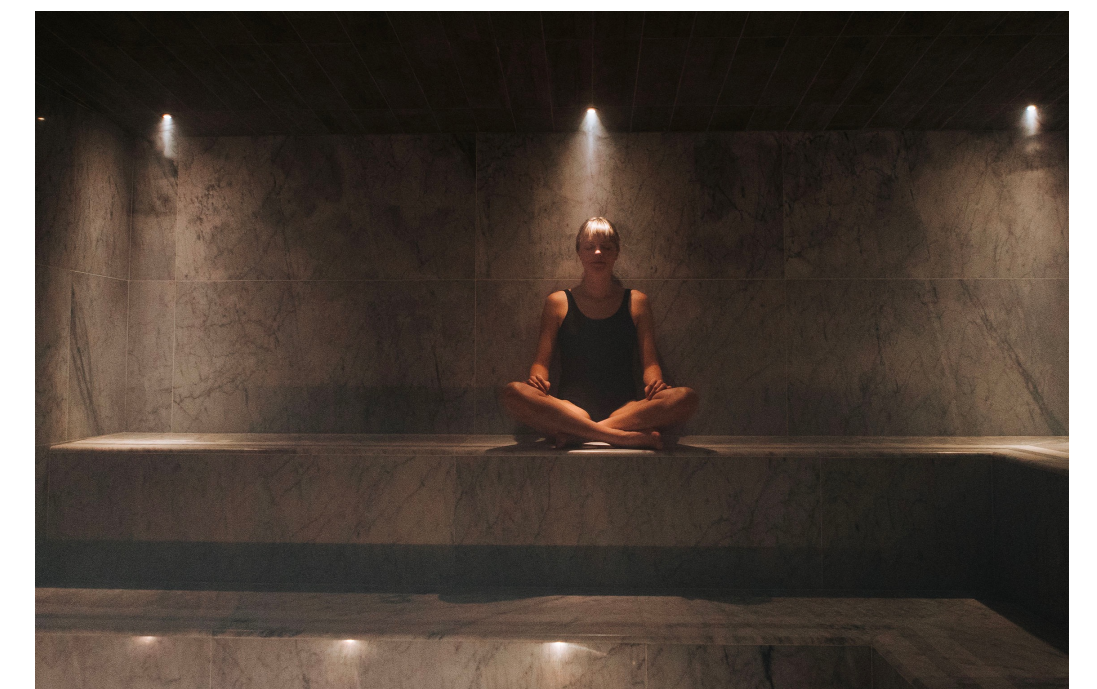
Temperature: 40°C to 47°C

Humidity: 100%

Surrounded by rich, thick smoke-like steam and the scents of sage, experience an otherworldly atmosphere as you lose place and time in the Smokey Sage Steam Room.

Steam produces fine droplets of water that when they meet the air, provide a negative, energized charge allowing bathers to absorb the negatively charged oxygen ions, which can stimulate the metabolism, bringing about increased energy.

Steam rooms offer similar benefits to saunas at a less intense heat and with added moisture in the air.



Cold

Cold Experiences

Cold Plunge

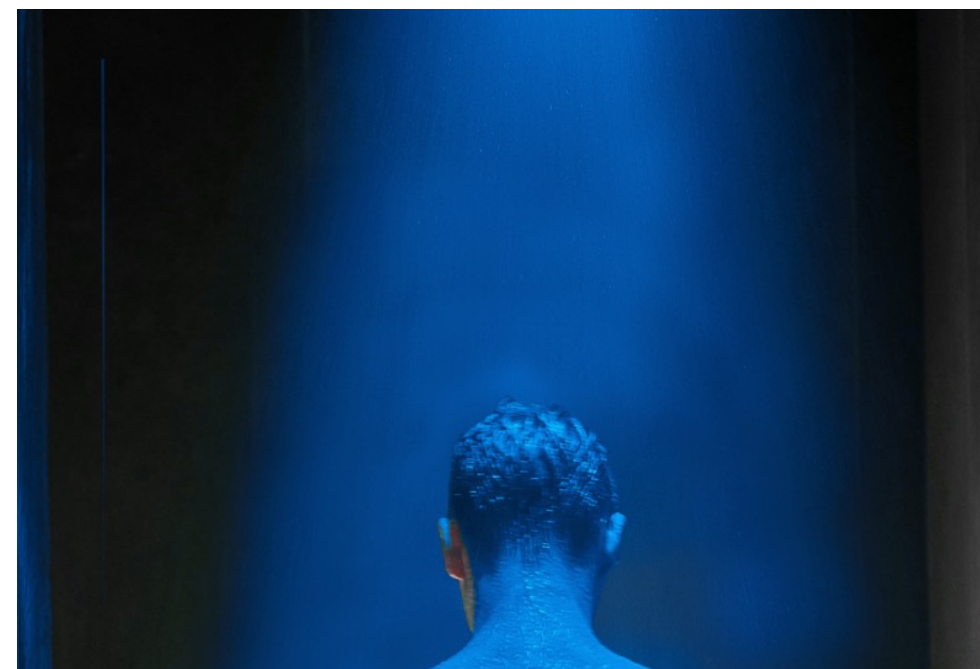
Temperature: 5°C to 20°C

A quick dip into the chilled waters causes a release of endorphins and hormones with analgesic properties. The cold-water immersion numbs the nerves around the joints and muscles and is believed to stimulate the immune system.

Cold Showers

Temperature: 5°C to 20°C

With a little courage, discover the restorative effects that comes from the cold. Experience the essence of chilled glacier water with a refreshing full-body sensation of an icy cold shock to the skin with a Glacier Mist or Bucket Shower. Circulation is enhanced and blood flow is stimulated.



Cold

Cold Experiences

Snow Cabin

Temperature: 0°C to -10°C

Experience the joys of winter all year round.

Just like traditional ice houses of years gone by, this building is designed to stay cold in all seasons.

After spending time in a sauna, steam room, or hot pool, experience a skin-tingling and refreshing cold experience in a winter wonderland of soft, powdery snow. This natural way to cool off not only promotes blood circulation but also has a beneficial effect on the lungs and airways.



Distinctive Elements

Salt Cave

Salt Cave

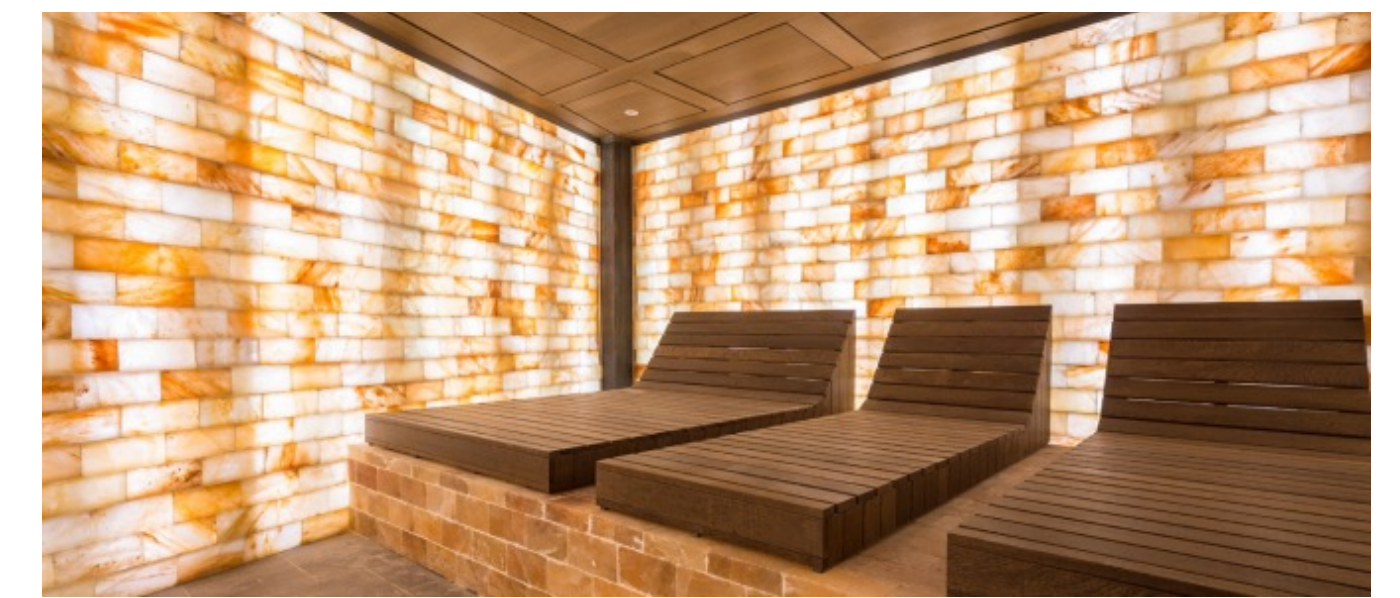
Temperature: 19°C to 21°C

Humidity: 25% to 30%

Take 20-30 minutes to recline and relax in the therapeutic Salt Cave. Salt therapy, also known as Halotherapy (Halo is the Greek word for salt) has a wide range of benefits. Salt levels affect our cell activity, energy, and blood sugar levels. A natural disinfectant, salt is antimicrobial, and antibacterial. Himalayan Salt is a healthy pure sea salt that contains 84 elements and trace elements found in the human body.

The calming and detoxifying effects of halotherapy can support the immune, nervous, and lymphatic systems. Additional benefits are reduced stress and headaches, increased energy, and better sleep patterns.

Salt ions purify the air and may increase lung capacity and reduce physical ailments. Treatments are recommended throughout the year and especially during the flu or allergy seasons to help keep the body healthy.



Distinctive Elements

Back to Earth Grounding Cave

Back to Earth Grounding Cave

Temperature: 38°C to 42°C

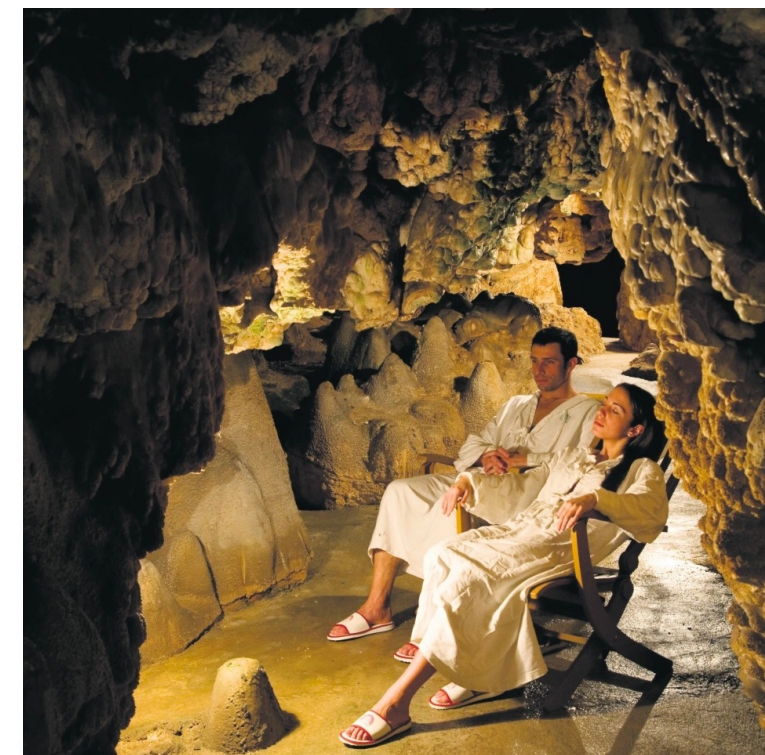
Humidity: 50% to 80%

Connect with the Earth's natural healing energy.

The Earth's electrical field, restores your body's natural electrical field. The positive shift you feel is the beginning of process in which your body becomes recharged from the multitude of Earth's electrons when direct contact is made.

Grounding, also know as Earthing, helps to improve circulation and blood flow, aiding the healing process through the delivery of oxygen and nutrients to tissues throughout the body.

This is Earthing, a simple, safe and natural healing process that neutralizes free radicals, reduces inflammation, improves sleep and energizes the body.



Distinctive Elements

Kneipp Meditation Stream Foot Path

Kneipp Meditation Stream Foot Path

Temperature: 12°C and 40°C

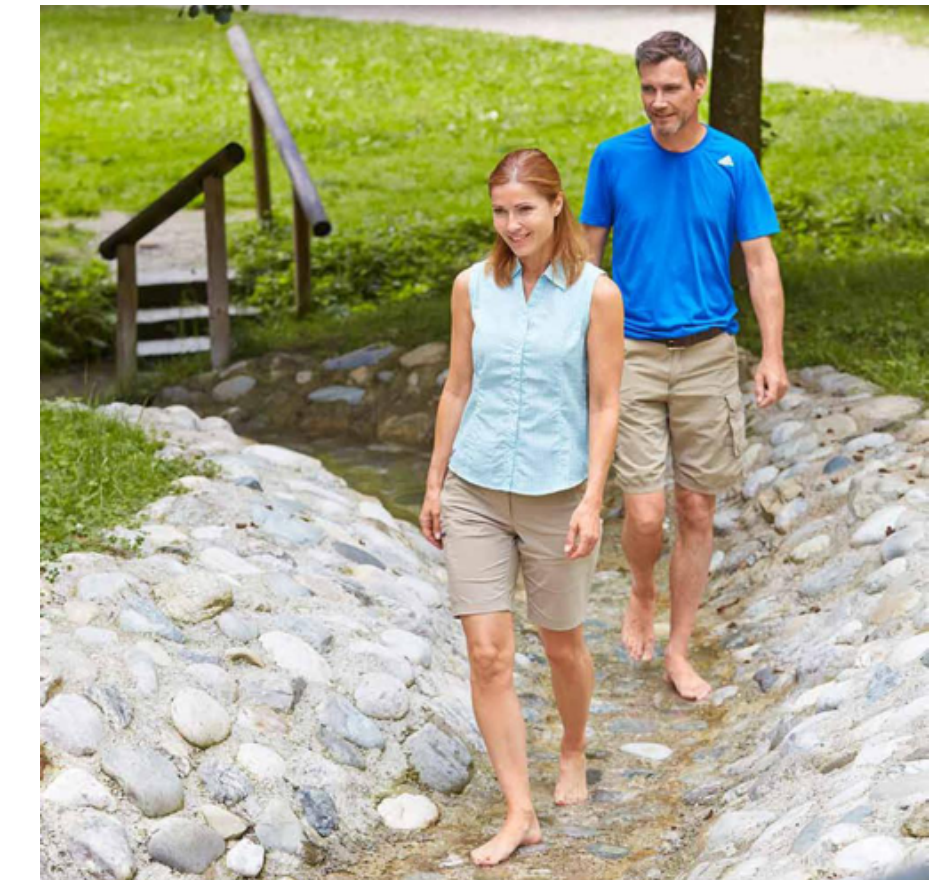
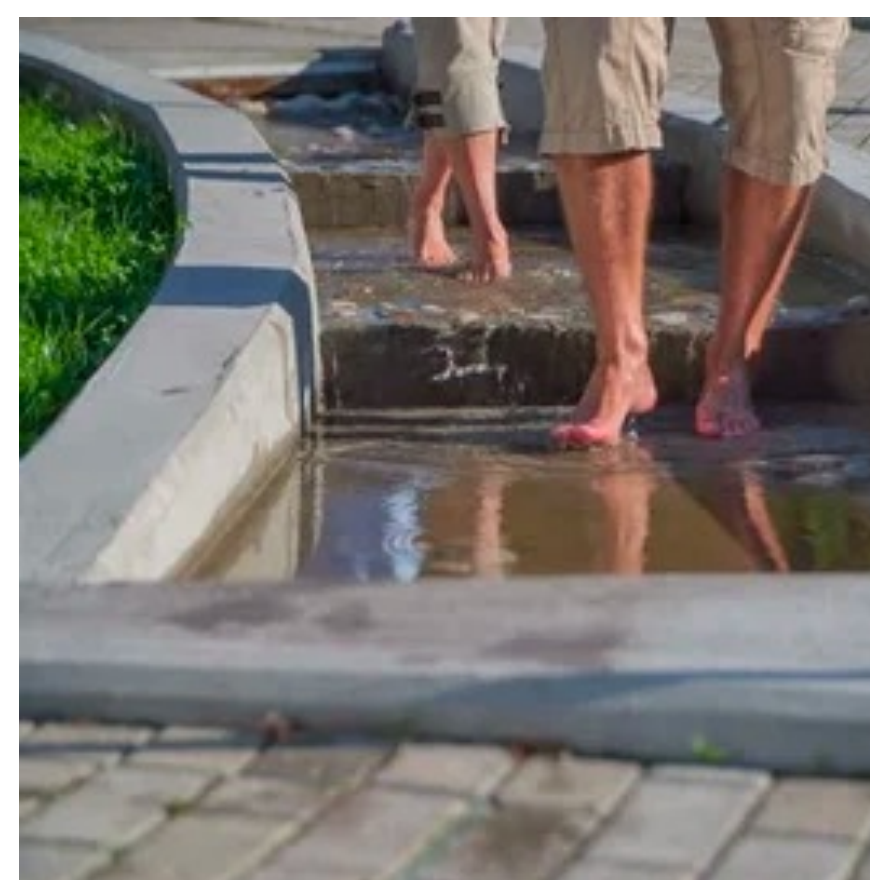
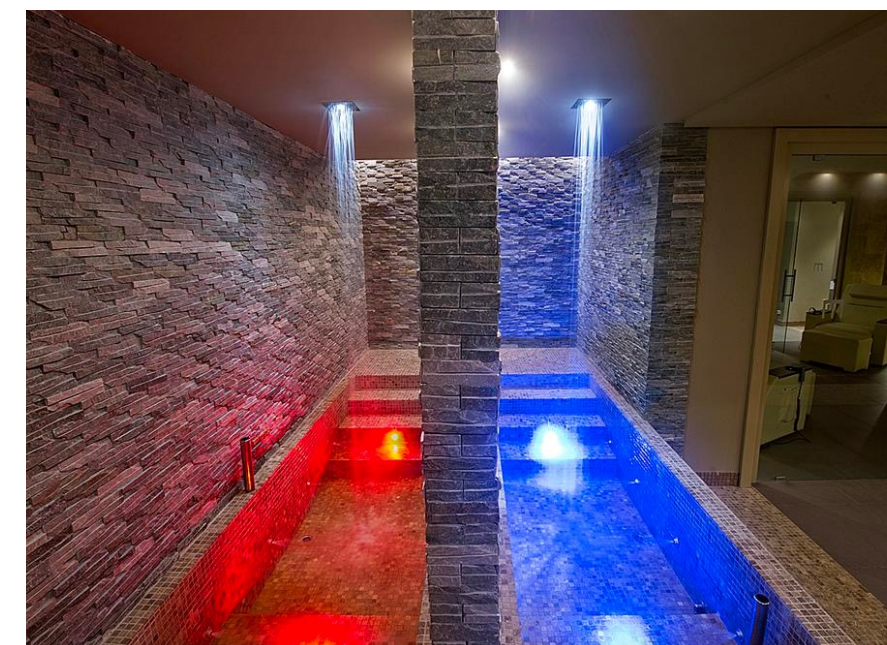
Take the trail less travelled with the Kneipp Hydrotherapy contrast foot path.

Breathe deeply and allow your senses to experience the calm and quiet felt amongst the sage and lavender forests. Observe nature and let the soft sounds of trickling water as it gently flows downstream guide you on the therapeutic Kneipp Meditation Stream Foot Path.

The river stones and pebbles at the base of the Kneipp Path gently massages the soles of the feet as you walk through the warm and cool waters.

This therapeutic contrast foot bathing experience promotes blood circulation, relaxes the mind and massages the soles of the feet.

Repeat this cycle several times for maximum benefit.



Distinctive Elements

Salt Scrub Station

Salt Scrub Station

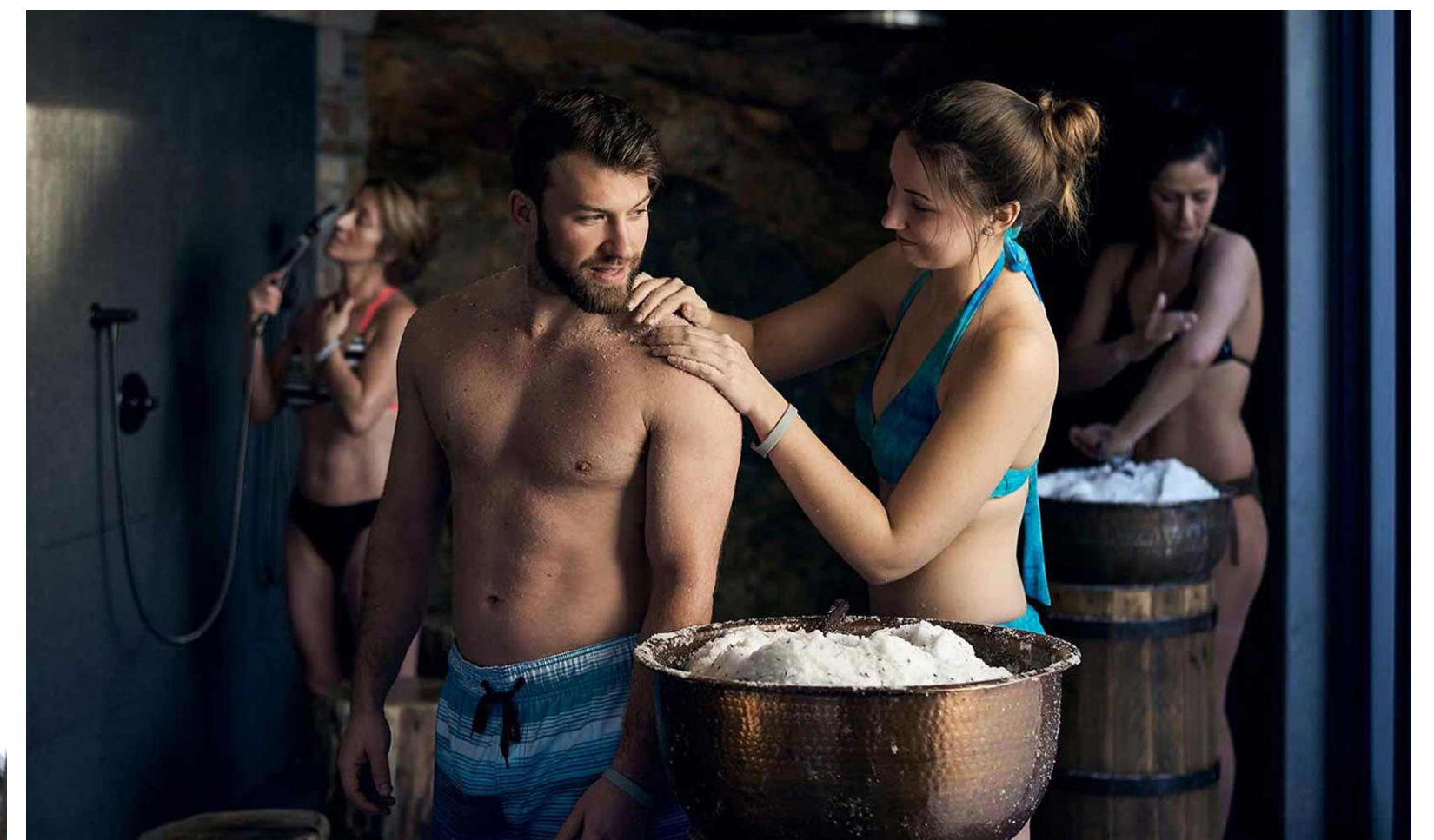
Temperature: 38°C to 42°C

Humidity: 50% to 80%

Enjoy an invigorating and cleansing experience at the Salt Scrub Station.

Revitalize your skin with a soothing salt scrub rich in minerals and hydrating essential oils. Exfoliating with salt, increases circulation and gives skin a natural glow. It detoxifies and stimulates the skin, draws out toxins and impurities leaving the skin looking smoother and brighter.

It is recommended to visit the Salt Scrub Station prior to enjoying the Mineral Clay Experience to prepare your skin and ensure maxim absorption of the nourishing minerals found in the Glacial Clay.



Distinctive Elements

Mineral Clay Cabin

Mineral Clay Cabin

Temperature: 38°C to 42°C

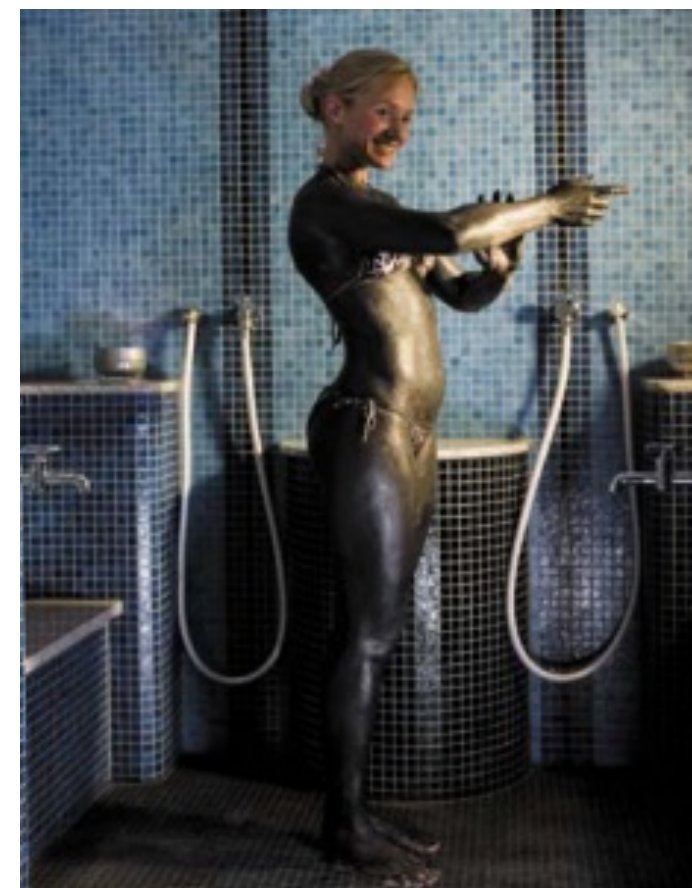
Humidity: 50% to 80%

Gather in the Mineral Clay Cabin and allow the hot air temperature to relax the body and mind. This communal bathing experience is a social and connecting with one another is encouraged.

The Mineral Clay Mud is PH neutral and gentle to use on all skin types. Apply the warm mud to your face and body. Recline, rest and relax on the heated loungers, allowing the natural properties of the product to nourish and remineralize your skin.

The hot air combined with the warmth of the heated loungers, relieve muscle pain and promote relaxation, while the high humidity produces intense sweating, which amplifies the detoxifying cleansing power of the mud.

Before experiencing the Mineral Clay Cabin, begin with a cleansing steam shower, followed by a brisk salt scrub and refreshing misting shower.



Resting Areas

Indoor



Resting Areas

Outdoor



