

# LOOK

## YOUR NORTH SHORE GUIDE *to* FASHION & STYLE



photos submitted

**SPARKLING Hill Resort rises from the rock near Vernon's Predator Ridge golf course. KurSpa amenities — including the Rose room, below, one of seven unique aromatherapy sauna and steam rooms — are complimentary with every guest's hotel stay.**

### NORTH AMERICA'S FIRST COLD SAUNA AT SPARKLING HILL RESORT

# Sparkle and cheer

**Layne Christensen**

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**“JUST breathe. Relax and enjoy.”**

Wearing nothing more than a swimsuit, socks and sneakers, a surgical face mask, fleece headband and loose-fitting cotton gloves, I shuffle around the small chamber where the temperature in the room is nearing -110 C.

There are four of us here in the cold sauna at Sparkling Hill Resort near Vernon — three writers and Tinus Pietersen, the resort's charismatic spa director. The air grows thicker with each breath, tiny ice crystals floating gently like snowflakes.

One in our group bows out, leaving the chamber at the two-minute mark. The remaining three of us are going for three minutes — the maximum treatment time — but it feels like an eternity. “Move those fingers, wiggle those toes,” urges Pietersen.



We sing. We hum. We circle round and round. Through a small window, we see the attendant outside the chamber make the half-time sign with her hands.

My legs ache, my elbows tingle, the hair on my forearms stands on end. Just when I think I can't take the cold for another second, we're given the thumbs up

and shown the way out, passing through two smaller cold chambers before returning to the comfort and warmth of the waiting room.

Three minutes in the cold sauna. High fives all around. The experience has been oddly exhilarating and leaves me feeling energized the rest of the day.

At Sparkling Hill, North American visitors are discovering what Europeans have been enjoying for years — total body cold therapy.

Cold saunas work by cooling the body, which shrinks blood vessels and causes increased blood flow. The process can reduce inflammation, leading to improved joint and muscle function, a reduction in chronic pain and rejuvenation of the whole body, according to its proponents.

The treatment is a favourite of athletes. In fact, it was a group of Polish scientists who pioneered the physical therapy, opening a cold sauna at an Olympic

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# Gem of the Okanagan welcomes winter guests

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rehabilitation centre in that country a decade ago.

The cold sauna is the jewel of Sparkling Hill Resort's health and wellness experience. It's the first cold sauna in North America and the signature treatment at KurSpa, the resort's whole body health and wellness centre. The treatment isn't cheap: \$300 for 10 sessions.

For guests with limited means, however, there are other attractions, including wilderness walks through the trails at Predator Ridge Golf Resort and unlimited access to KurSpa's seven aromatherapy sauna and steam rooms, indoor and outdoor pools, fitness studio, Serenity relaxation lounge and Kneipp waterway (a system of thermal pools designed to invigorate the circulatory and lymphatic systems, and relax aching muscles).

Perched high on a granite cliff above Okanagan Lake, just outside of Vernon, the 152-room hotel enjoys spectacular views of the Monashee Mountains and Coldstream Valley. Sparkling Hill Resort opened in May, built at a cost of \$122 million and privately financed by Gernot

Langes-Swarovski, of the famous Austrian crystal company.

Swarovski crystal elements are incorporated into every facet of the resort's design, from the four-storey crystal atrium (fabricated on-site at a cost of \$3 million) to the crystal fireplace in each guest room.

The resort is offering visitors special rates during the holiday season. The Winter Wonderland package for two is a two-night stay priced at \$395 per person and available Dec. 1 to Jan. 2. The package includes two breakfasts and two dinners

in the PeakFine dining room, access to all KurSpa amenities and airport transfers or valet parking.

Also included in the package are a KurSpa orientation, European Fango spa treatment for two, a guided hike, and a chef-hosted festive baking and tasting demonstration with take-home recipes.

Skiing is available at nearby Silver Star Mountain Resort, a 35-minute drive from the resort.

For details, visit [www.sparklinghill.com](http://www.sparklinghill.com).



photo submitted

A treatment in Sparkling Hill's cold sauna involves spending up to three minutes in a room set at -100 C.



NEWS photo Cindy Goodman

## Girls' night out

ELENA Grant (left) celebrates the opening of her boutique Sofiabella, Nov. 16 in Edgemont Village, with Sarah Watson and Casie Jensen, of Free the Children. Part proceeds from the evening's sales were donated to the Me to We charity partner.

## fashion file

**Designer Trunk Show:** Mukado Jewellery Boutique in Dundarave will hold a sale of jewelry from Paris, noon to 6 p.m. this Saturday, Nov. 27. Featured will be the designs of Metal Pointu's and Philippe Audibert. More than 100 pieces of jewelry will be at the boutique for one day only. Address is 2428 Marine Dr., West Vancouver.

Nov. 28. Organizers of the eighth annual national campaign hope to collect 15,000 coats for donation to youth shelters and organizations like Big Brothers. Bring in a clean, insulated gently used winter coat to any West 49 store, including Park Royal, and receive \$25 off any winter jacket.

—Compiled by Layne Christensen

*Fashion File is a weekly column. Send your information as early as possible to [lchristensen@nsnews.com](mailto:lchristensen@nsnews.com).*

Coats for Kids at West 49 wraps up this Sunday,



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