



Two Night All-Inclusive Winter Wellness Package

Sample Itinerary

Day 1:

3:00pm: Upon arrival, you're welcomed with a warm beverage as you are given a tour of the Chateau and shown your rooms. Personalized skin care gifts have been created for each guest and are available in the spa. Our esthetician will guide you through the products and application to ensure maximum benefits.

4:00pm: Your one hour scheduled reflexology will begin, taking turns in groups of 4 over the next few hours. During this time the use of the spa amenities such as the sauna and steam room are available to those not receiving treatment. Infused waters and signature teas are available throughout the day.

7:00pm: Gather around the dinner table. Your meal will consist of a 3-course chef designed menu aimed at your health and wellness goals discussed prior to your stay.

9:00pm: The night is still young and plenty of time to enjoy what the Chateau has to offer. A game of pool in the billiards room or get cozy around the fire with some house made snacks and detox tea.

Day 2:

7:00am: A morning elixir and warm wellness beverage awaits outside your door, something light to get you going before breakfast.

7:30am: Your one hour guided sound healing yoga begins. This is a group session that will include you and all guests.

9:00am: Chef Scott has prepared a breakfast that sets you on your wellness path for the day. Teas, fresh pressed juices, coffee and espresso-based beverages are always available.

10:00am: Half of your group will receive their individual massages before lunch. You will be divided into sets of two and will rotate over the next several hours. During this time for those who aren't in active treatment, make sure to take advantage of the 44 acre property if you enjoy hiking and the outdoors. Heat therapy cycles are available, instructions can be found in the spa.

1:00pm: Your group is back together, head off for a healthy, nourishing lunch to refuel you after a morning of activity.

3:00pm: The second half of your group will now receive their relaxation massages. The spa has been reset and the amenities welcome you once again.

7:00pm: Get your fingers warmed up as you enter the kitchen to make your very own sushi. Don't worry, we would never let you do this unsupervised. With all the right tools and the Chef's guidance and expertise, you'll be enjoying your own handmade sushi.

9:00pm: Snuggle up and head off to the theatre, or curl up with a book in front of the fire. If you're feeling more adventurous, take a cold plunge in our outdoor lap-pool or perhaps relax in our indoor/outdoor hot tub and enjoy the stars.

Day 3:

7:00am: Experience a difference morning elixir and warm breakfast beverage.

8:00am: Join us for a final group session with a one hour yoga class.

9:00am: Your departure breakfast will be enjoyed in the dining room. Whether you wish to head off to your room and pack or head to the spa, take your time enjoying the last of the sights.

11:00am: Time to say goodbye and until next time.

****Times and group size may vary based on guest occupancy**

CHÂTEAU OKANAGAN



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Sample Menu

Day 1:

Arrival

Welcome Chateau okanagan chai hot tea.

*A little energy bite of dried stone fruit, nuts, coconut and honey
fresh pressed green juice.*

Glass of beetroot infused hummus lightly blanched crisp vegetables and citrus mist.

Dinner

*Strawberry, poached beet and baby tomato salad with candied nuts, crumbled blue
cheese.*

*Sous vide Fraser Valley duck breast on a wild mushroom and lentil "risotto",
perfumed with truffle and parmesan. Garnished with roasted radishes, zucchini
spirals and drizzled with a blackberry and spice sauce and shaved truffle.*

Flourless chocolate tart with sea salt and lavender foam.

Snack for the Mind

A medley of house roasted nuts sprinkled with olive oil, roasted garlic and herbs.

Aqua Dreams

Each night you will receive a Bedside fruit, spice and herb infused water. Designed to ensure a quality night sleep and mindful rest. Using ingredients such as banana, mint, almonds, cherries, passion fruit, camomile, thyme, honey and so much more.

Day 2:

Early Rise Elixir

Every morning you will receive a wellness elixir to help ease you into your morning routines. Each elixir will have a different property that will target anything from your skin, immune system, gut health and your tastebuds.

Mushroom latte (immune booster)

Matcha latte (antioxidants)

Steeped ginger, lemon and cinnamon infusion (anti inflammatory)

Chai Tea Latte (improves digestions)

Turmeric latte (countless benefits)

Breakfast

You will start your breakfasts with a medley of colorful fruit smoothie blend, granola, infused yogurt and fresh fruit that will give you the energy you need.

Avocado toast on lightly grilled sourdough, tomato, baby arugula, toasted cashews, crumbled local goats cheese and a farm fresh sunny side up egg cooked in avocado oil and seasoned with smoked sea salt.

Lunch

A balance of locally sourced protein prepared with healthy cooking methods with high quality locally sourced ingredients. A medley of pickled, fermented, raw and marinated vegetables. Ancient grains, all tossed in a light dressing created with juiced garden ingredients, healthy oils and high quality vinegars.

Or

Shrimp Phö. A cinnamon, chili and star anise based broth with yam noodles, baby bok choy, sprouts, mint, coriander and seasonal vegetables garnished with lime and jalapeno.

Dinner

Interactive sushi night where we will create an assortment of sushi using sustainable seafoods and a plethora of crisp vegetables accompanied with great music and great company.

Day 3:

Early Rise Elixir

Mushroom latte (immune booster)

Matcha latte (antioxidants)

Steeped ginger, lemon and cinnamon infusion (anti inflammatory)

Chai Tea Latte (improves digestions)

Turmeric latte (countless benefits)

Breakfast

The scramble nest. Oven roasted sweet potato cubes, sauteed spinach and kale, local smoked salmon, six minute egg, cucumber spirals, beet infused cream cheese and olive oil poached baby tomatoes.

Farewell and Hope to See You Again!

Signature farewell chocolate

"This is a sample menu and is subject to change depending on season and availability of ingredients"