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### SPAS

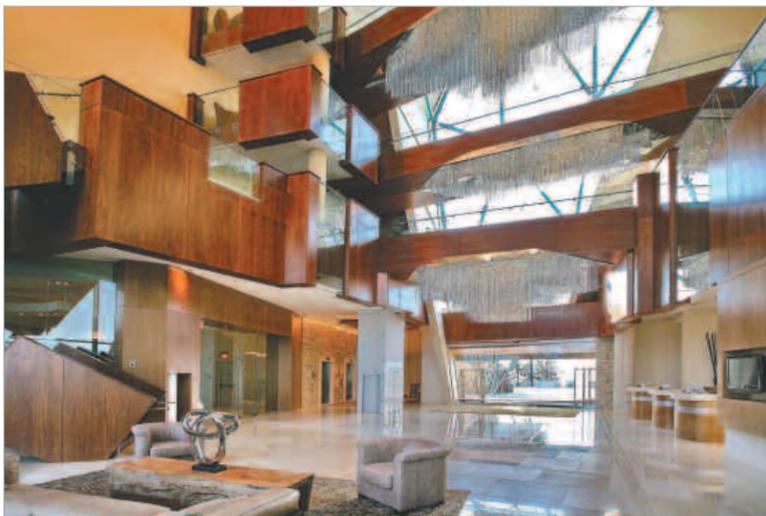
## A frigid blast of feel-good

European-style wellness resort features unusual cold sauna

By **SHANNON MELNYK**  
Special Contributor

**VERNON, British Columbia** — For those willing to go to extremes to get out of the Texas heat, relief might come in the form of minus-166 F. That's not a typo; it's a revolutionary cold sauna experience that will have your endorphins singing "Ice, Ice, Baby" in exactly three minutes, if you're brave enough to withstand a temperature that exists nowhere else on the planet.

It's only fitting that this cool adventure is offered by the European luxury wellness resort conceived by Gernot Langes-Swarovski, the patriarch of the famous crystal



Shannon Melnyk/Special Contributor

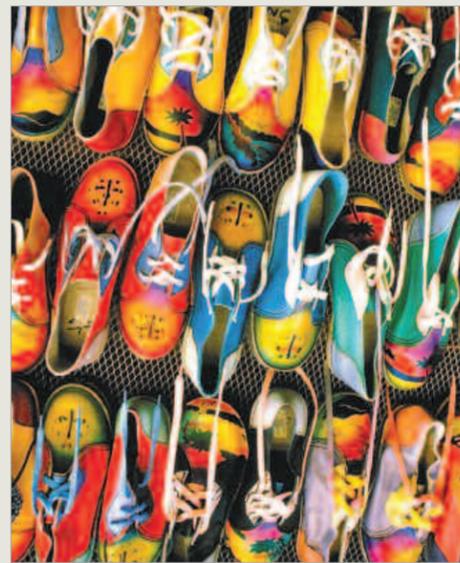
**Sparkling Hill's glittering lobby** pays homage to its founder, the patriarch of the Swarovski crystal empire.

artwork and jewelry line. Sparkling Hill is nestled in Canada's balmy British Columbia wine country, of-

fering stunning Lake Okanagan views, crystal fireplaces in the suites and modern elegance in the Canadian

rough. The setting alone inspires

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John Lee/Special Contributor

**Greenwich Market** is the place to go if you like arts and crafts.

### MAKING TRACKS TO LONDON

If watching the Olympics has you plotting a trip to London, check out our insider guide to the city's best street markets.

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## Wellness resort features minus-166 F sauna

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a feeling of well-being, but the main draw is the German-Austrian inspired KurSpa: Resort guests have exclusive access to a 40,000-square-foot oasis of rejuvenation that includes 48 treatment rooms, an outdoor infinity pool, seven aromatherapy saunas and steam rooms and experience showers, as well as Kneipp water therapy and relaxation rooms.

Crackling ice sounds fill the air and a fountain releases crushed ice scented with peppermint and eucalyptus at the Swarovski crystal-lacquered Igloo. It's exhilarating, but perhaps best seen as

rehearsal for KurSpa's whole-body cryotherapy treatment, the only one of its kind available in North America.

Minus-166 F means you'll be monitored, but you won't be supplied with a parka. A swimsuit or light clothing is worn in addition to gloves, slippers, a face mask and a headband. A guide will take you through an excruciating 3 minutes and explain why physicians in Europe prescribe this treatment for conditions including chronic pain, arthritis, stress and insomnia. The endorphin rush is worth the discomfort alone.

Thawing out is half the

fun when you venture outside Sparkling Hill and hit the links at the neighboring Predator Ridge golf resort or join a wine tour along the Scenic Sip. Recuperating from your stint as a human Popsicle might best be celebrated at nearby Ex Nihilo Vineyards, the home of some of the most sumptuous ice wines in the world: the Symphony for the Devil label. This liquid gold is a co-venture with the label's namesake, the Rolling Stones.

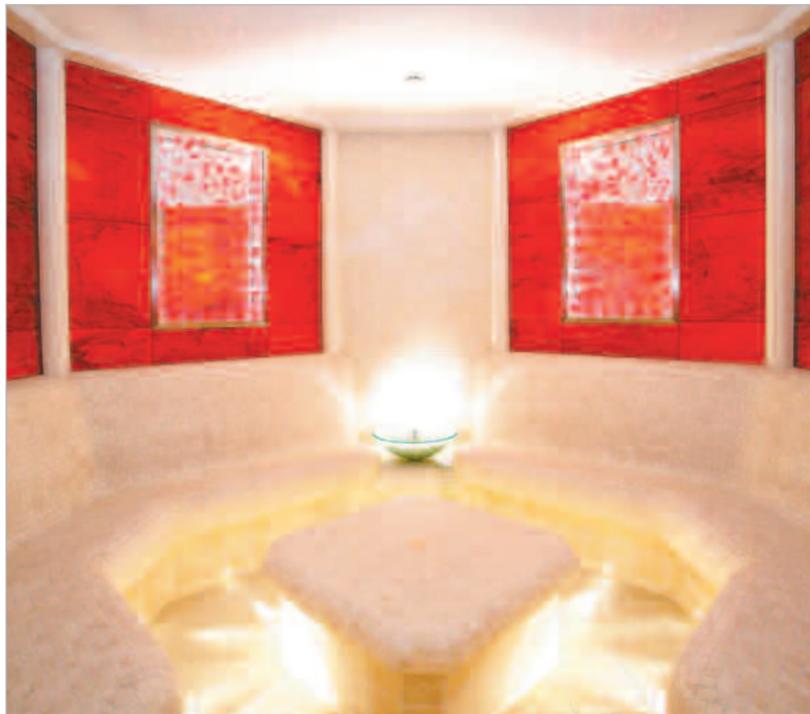
You can't get any cooler than that.

*Shannon Melnyk is a freelance writer in Vancouver, British Columbia.*



Photos by Shannon Melnyk/Special Contributor

**Lake Okanagan** is a tranquil backdrop for the Serenity Room at KurSpa.



**Traditional sauna and steam room** treatments, such as the Rose Steam room, are available at KurSpa at Sparkling Hill.



**The KurSpa cold sauna experience** sets spa-goers in a minus-166 F chamber for 3 minutes.

### When you go

**Accommodations and KurSpa:** sparklinghill.com

**Getting there:** Fly into Vancouver and connect to a short 45-minute flight into Kelowna via Air Canada Jazz. Sparkling Hill is located in Vernon, a 25-minute drive from the Kelowna International Airport.

**Wine tour:** tourismkelowna.com

**Golf:** predatorridge.com

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