

## Prince Edward Island: Canada's Newest Wellness Retreat

*Revel in the Island Way of Life at a New Nordic Spa, Yoga and Wellness Festival, and More*



*Left: Island Tides Yoga and Wellness Festival (Photo Credit: Jenna Rachelle Photography)  
Right: Authentic Mongolian Yurt at Nature Space Resort (Photo Credit: Nature Space Resort)*

**Charlottetown, Prince Edward Island** (March 2, 2023) – With 700 miles of tranquil beaches and Island-wide hiking, biking, and walking trails, [Prince Edward Island](#) is an open-air playground for travelers to restore mind, body, and soul. This year, visitors to PEI can revel in the “island way of life” with new and authentic wellness experiences.

From a new Nordic Spa and kaYOGA, to paddleboarding with beach goats, here are a few ways for travelers to relax and rejuvenate in Canada’s smallest province.

### **Mysa Nordic Spa & Resort (NEW)**

Prince Edward Island’s newest and only Nordic Spa, the [Mysa Nordic Spa & Resort](#) is the ultimate wellness retreat. Nestled on the banks of St. Peters Bay, this calming space opened in December 2022 and features newly renovated rustic cottages with water views and propane fireplaces, perfect for cozying up after a day at the spa. The resort also offers an array of spa services, including thermal baths, essential oil steam rooms, a Finnish sauna, meditation sessions, and more. Inspired by ancient Scandinavian rituals, the Mysa Spa’s Thermal Experience alternates hot, cold, and rest to achieve a deep state of relaxation within the body and mind.

### **Nature Space Resort & Retreat Centre**

A place to reconnect with nature, the [Nature Space Resort & Retreat Centre](#) is a four-season resort in Eastern Prince Edward Island, offering four authentic Mongolian Yurts. Each Yurt is outfitted with a queen bed, day bed with trundle, woodstove, and a private deck with a personal hot tub. The resort offers an array of wellness-based activities, including private and group yoga, mindfulness classes, wellness retreats, as well as sunset kaYOGA, a three-hour kayak trip that includes one hour of yoga on a secluded beach.

### **Island Tides Yoga and Wellness Festival**

The [Island Tides Yoga and Wellness Festival](#) is a three-day event that blends healthy living, movement, and learning. Marking its third year this June, the festival features daily lineups of yoga and fitness

events, scenic runs and on-the-water activities, and nourishing food and beverage from local vendors. Festival goers will also find intimate workshops with inspiring thought leaders that range from self-love and mindfulness to clean beauty and more. Island Tides Yoga and Wellness Festival takes place in Charlottetown from June 22 – 25, 2023.

### **Paddleboarding with Goats**

Visitors to the Island can hit the water with paddleboarding goats on the quiet North Cape Coastal Drive of PEI. At [Beach Goats](#), guests are joined by ocean loving goats as they paddleboard out into the bay. In addition, the playful herd will join visitors for beach combing, oyster searching, peaceful walks along the low tide, as well as yoga.

### **Spa Package at Mill River Resort**

Located in the North Cape Coastal region of Prince Edward Island, [Mill River Resort's](#) spa delivers personalized treatments including aromatic massages, body wraps, and facials. [The Mill River Spa Package](#) includes one-night accommodations, one in-room bottle of wine, a \$100 CAD Mill River Spa Credit, and 15% off all regular priced Aveda products. Valid through April 30, 2023, rates start at \$289 CAD per night plus resort tax.

For more information about Prince Edward Island, visit <https://www.tourismpei.com/>.

Additional images available on request.

### **About Atlantic Canada Agreement on Tourism (ACAT):**

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For more information on the four provinces, visit these websites or follow them on social media:

#### **Prince Edward Island**

Web: [www.tourismpei.com](http://www.tourismpei.com)

Instagram: [@tourismpei](#)

Twitter: [@tourismpei](#)

Facebook: [@tourismpei](#)

#### **New Brunswick**

Web: [www.tourismnewbrunswick.ca](http://www.tourismnewbrunswick.ca)

Instagram: [@DestinationNB](#)

Twitter: [@SeeNewBrunswick](#)

Facebook: [@DestinationNB](#)

#### **Nova Scotia**

Web: [www.novascotia.com](http://www.novascotia.com)

Instagram: [@VisitNovaScotia](#)

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**Newfoundland and Labrador**

Web: [www.newfoundlandlabrador.com](http://www.newfoundlandlabrador.com)

Instagram: [@newfoundlandlabrador](https://www.instagram.com/newfoundlandlabrador)

Twitter: [@NLtweets](https://twitter.com/NLtweets)

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