

124 | Q | HOTEL & SPA

124 ON QUEEN HOTEL & SPA DEBUTS NEW WELLNESS SUITES AND RETREATS

Soothing sanctuaries and rejuvenating full day spa packages for today's wellness-minded traveller



NIAGARA-ON-THE-LAKE: This spring, [124 on Queen Hotel & Spa](#) will begin welcoming guests to experience a new wave of wellness travel by checking- in to one of the hotel's newly designed Wellness Suites. The five garden-level suites offer the ultimate upgrade to a mindful getaway. This thoughtfully-planned expansion has been developed to reflect the consumer demand to place health and well-being at the forefront of all areas of life.

"Our commitment has been the same since the beginning, to make it possible for more people to benefit from a state of physical and mental well-being," says Eric Quesnel, General Manager. "We look forward to welcoming guests to our restful and rejuvenating new suites and helping them to achieve the best versions of themselves."

Carefully considered natural materials such as wood, marble, and stone in combination with soft fabrics and furnishings set a tranquil tone. The spacious, light-filled, open-concept Wellness Suites have been designed to promote rest and relaxation. Each features a comfortable king-size bed, an electric fireplace, a wet bar with built-in mini fridge, spa-like ensuite with a double vanity and decadent rain shower, as well as a private patio with a gas fire pit overlooking the property's new manicured, contemplative gardens.

Additional suite enhancements include salt lamps designed to purify the air and improve mood and sleep, yoga mats, a choice of in-suite aromatherapy, essential oil steamer tablets for the shower, and the added benefits of early check-in and late check-out.

Guests who book one of these special suites will also receive two complimentary passes to the spa's highly-acclaimed hydrotherapy circuit and complimentary breakfast with healthful options like the yogurt parfait with housemade granola, wildflower honey, berries & mint and whipped goat's cheese omelette with summer truffle, sauteed mushrooms and fresh herbs.

The 124 on Queen Hotel & Spa complex itself is made up of 72 guest rooms spread out over 5 buildings. The entire wellness experience has been meticulously planned to create a comfortable and flawless journey for each guest – from the relaxing guest rooms that offer the comforts of home to the sprawling 12,000 square foot Spa at Q with its signature plunge pools, sauna, steam and snow room, and a serene meditation salt lounge.

Guests also enjoy culinary offerings at NOTL Bar & Lounge and the farm-to-table fine dining at Treadwell Cuisine, recognized by Wine Spectator as one of the world's best restaurants for wine. This spring, the hotel will debut a captivating garden area spread out over nearly an acre of land and a new dining terrace for guests to enjoy.

"We're inviting everyone to embark on a journey of self-discovery and optimal health," says Vanessa Tierney, Spa Director. "Everything is designed with the intention to enable our guests to turn off the stressors of everyday life and enjoy feelings of calmness and balance throughout their stay. We aim to give guests a complete mind and body wellness experience."

THE PERFECT PAIR | WELLNESS SUITE + SPA RETREAT

The hotel is also introducing two Spa Retreat [packages](#). The Luxe Glow Spa Day is a full day (5 hour) package that helps guests unwind and relax as they are luxuriously pampered. It includes a Salt Room Experience with Headset Meditation (30 minutes), Hydrotherapy Wellness Circuit (120 minutes), Glacial Glow Body Treatment (60 minutes), Glacial Glow Body Treatment with Hyperbaric Oxygen (90 minutes), and a smoothie to be enjoyed in the Relaxation Lounge at leisure. This package is available for \$525.

For those ready to extend their stay and relaxation, there is the Luxe Glow Spa Day Two Day Retreat. Day 1 includes the services from the Luxe Glow Spa Day Package. On day two, guests will have another opportunity to enjoy the Salt Room Experience with Headset Meditation (30 minutes), Hydrotherapy Wellness Circuit (120 minutes), and smoothie in the Relaxation Lounge, in addition to a Vitality/Serenity Massage Experience (60 minutes, non-RMT), and a Deluxe Pedicure 75 min + Under Eye Mask Treatment. The two day retreat package is available for \$930 or may be purchased as a stand alone package for \$405.

Rates for the new Wellness Suites start at \$859 per night. Spa packages are an additional price. Suites and packages are available to be booked [online](#) and through 124 on Queen Spa agents at 905-468-4552.

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Spa + Spa Suite imagery available [here](#). The hotel's photo gallery is [here](#).

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Additional Resources:

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- [124 on Queen Packages and Specials](#)
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