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A Stay At Canada's Spa Eastman Could Really Change Your Life



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Travel

I cover singular, luxury travel and food experiences around the world

f “I was really interested in food,” explains Jocelyna Dubuc, founder of [Spa Eastman](#), a wellness retreat in Canada’s Eastern Townships. What she

tw means is that after experiencing a bout of illness and then a learning sojourn in India, she began to explore the benefits of gluten-free, dairy-free, organic, low temperature cooking and its effect on overall health.

in Designed to be colorful, tempting and flavorful, to ease digestion and add vitality, it’s called “Tonic Cuisine” here. Every day, you’re presented dishes such as filet of trout on a bed of arugula with piperade Basquaise and wild rice and veal osso buco braised with gremolata accompanied by beets with shallots and green and yellow beans with garlic. and they form the foundation of the wellness strategies. They call it life changing, and unlike many that claim the same, taken together with the other analyses and treatments, a stay here could very well be.



The main building of Spa Eastman. COURTESY OF SPA EASTMAN

The setting itself is guaranteed to be if not health inducing, at least stress reducing. Set on 326 acres with views of Mount Orford, 22 miles of hiking trails and a pond in the center, it's deep in the countryside 68 miles southeast of Montreal. The 44 rooms are scattered in eight rustic, farmstead style buildings with natural materials such as stone and wood predominant, many in the main building where the restaurant and treatment rooms are. Most guests simply pad amble between them in the cotton bathrobes provided, adding an extra level of ease. (For dinner, though, real clothes are encouraged.)



A typical dish at Spa Eastman: filet of trout on a bed of arugula with piperade Basquaise and wild rice. LAURIE WERNER

Overall, the look is very down to earth, not photo layout worthy. But the wellness programs are, obviously, more important. The collection of experts assembled here, notable both for their level of expertise and their truly caring nature, is exceptional, from naturopaths to determine what condition you're in and the course of treatment to correct the deficiencies, osteopaths, fitness and weight loss experts, massage therapists going way beyond the usual treatments, ranging from lomi-atsu, a combination of the Hawaiian lomi lomi and Shiatsu to Neo-Reichian using psychoanalyst Wilhelm Reich's principles of orgonomic therapy to release muscular tension and any deep seated, trapped emotions.



The Spa Eastman pond. LAURIE WERNER

In between, there are classes or the Nordic Baths area with the Kneipp hot and cold circuit for arms and legs, the infrared sauna and whirlpools. Sometimes, all you feel like doing is swimming in the pool or the pond until your next consultation or treatment. And, then, dinner.



Day visitors are welcome in the cafe outside of the dining room. LAURIE WERNER

Everyone goes with different missions and many choose to spend a different amount of time there—while there, I saw a few girlfriend getaway weekends. But regardless of how long you spend, if you go along with their recommendations, it's practically guaranteed that you will feel a difference.

I've been covering luxury/experiential travel and food for the last 20 years, for Forbes since 2004 and previously for Departures. I'm also currently contributing to the Robb Report and Centurion.

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