

THE BUNNY PLACE RETREAT



(902) 532-0269

BUNNYPLACE.CA

11:30 AM TO 3:00PM

3:30 PM TO 7:00PM

Please call ahead to book your preferred time slot

PRICING

\$30 per person with a Cottage or RV booking

\$35 per person for any outside guests

All Bookings include a Robe and Towel

DON'T FORGET

- Sandals
- Re-usable water bottle

IMPORTANT REMINDER

NO FOOD OR ALCOHOL ALLOWED IN THE RETREAT AREA

NO SMOKING IN THE RETREAT AREA

18+ FACILITY



WWW.UPPERCLEMENTSCOTTAGES.COM

THE EXPERIENCE

Hydrotherapy is known to invigorate and soothe the body, enhancing blood circulation and stimulating the lymphatic system for detoxification. It also promotes the release of endorphins, often referred to as the “well-being hormones.” We suggest completing this three-step cycle at least three times during your visit. The way you engage with it is entirely up to you, as everyone experiences hydrotherapy differently.



Step One: Hot – Spend 10-15 minutes in our hot tub or sauna. As your body absorbs heat, your skin pores open, allowing perspiration to regulate your temperature and eliminate accumulated toxins.



Step Two: Cold – Take a stroll around the retreat or dip into the cold plunge for 10 seconds. This step is crucial for lowering your body temperature creating a thermal shock that stimulates pore contraction and adrenaline release.




Step Three: Relax – Settle into our hammocks or unwind by our outdoor firepit. After the thermal shock, this rest period helps reduce adrenaline levels and paves the way for endorphin release, leading to a deep sense of relaxation and calm. The key is to take 20 minutes to achieve the highest level of relaxation before starting a new thermal cycle.


The Retreat is typically a 2-3 hour activity.


Cell Phone Policy: Escape from the electronic devices during your visit. We encourage Guests to leave cell phones in their cottages while experiencing the retreat. A digital escape during your visit promotes better relaxation and longer lasting wellness benefits. Guests using their phone may be approached by our staff and reminded to put them away. Guests are not permitted to make phone calls, video calls or to have sound or volume on during their visit.


Camera & Video Policy: To respect the privacy of other Guests, taking photos or video is not permitted during your visit. Digital devices with cameras & video capability are not permitted in the Retreat Facility.


Get in touch


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