



Just Say Spa-aah

If you're in need of a little downtime, there's no better place to indulge than at the spa. Open year round, the Eastern Township boasts 19 spas—all of which are sure to delight.

Most of the region's hotels feature an on-site spa: [Amerispa Bromont](#) at the Domaine Château Bromont, [Spa Chéribourg](#) at Hôtel Chéribourg, [Amerispa](#) at Estrimont Suites & Spa, [Spa Villégia](#) at Manoir Des Sables and [Spa Nordique](#) at Saint-Christophe hotel. All offer a wide array of treatments and services.

You'll also find five Nordic-style spas in the Eastern Townships, which offer a thermal bath experience where cold and hot alternate to deliver therapeutic benefits: [Balnea](#) in Bromont, [Spa Nordic Station](#) in Magog, [Spa Bolton](#) in Bolton Centre, the latest [Strom Spa](#) location in Sherbrooke, and [Spa Eastman](#) in Eastman.

[Spa Eastman](#) actually has the distinction of being Canada's first spa. Founded in 1977, it is the only destination spa in Quebec and is known internationally as one of the top 100 spas in the world. It offers an impressive selection of 50+ treatments, plus classes, workshops, food cures and a thermotherapy experience dubbed Eastman-les-Bains.

Let the Eastern Townships be your haven of relaxation!

