

Mental Health & Wellness

We know that at times people need a break to disconnect and rest and allow our minds and bodies to heal from all the stress and busyness of this world.



We feel that Rec Base provides a wonderful oasis to get what you need from a relaxing break and we want to be able to provide that for people as needed. Our regular cost is indicated by (\$\$\$) and our price reductions are listed below.

Our policy is that you will qualify for this price reduction if you are able to meet the following criteria:

- You will be at our place by yourself, getting a true retreat (\$)
- You will be at our place with no more than one support person (\$\$)
 - *Please note that regular cleaning fees will still apply.*
- We know you personally and understand your situation and need
- Someone we know personally, knows you and will confirm your situation and need
- You provide a doctor's note or a reference from a counsellor

****Changes to our regular accommodations**

This offer will be open for mid-week visits only.

Our amenities will be scaled back slightly for these visits.

Bookings are taken last minute (one-week in advance) for these visits. Visits booked more than one week in advance are limited to two nights only, unless it is a quiet season.