

Press Release

Grotto Spa Introduces the Coastal Cold Rinse

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Sub headline: Some moments invite stillness. Others invite sensation. You pull the rope, the water falls, your breath shifts and you're fully here.

At Grotto Spa, wellness unfolds through rhythm, ritual and a deep connection to the natural world. This season, the experience expands with the introduction of the Coastal Cold Rinse, a new outdoor cold-water ritual designed to complement the spa's hot and cold journey.

Set within the Garden Oasis, the Coastal Cold Rinse is intentionally simple. An overhead cedar bucket delivers a rush of cold water that feels bracing, refreshing and grounding all at once. It's a moment that invites presence and clarity, allowing the body to reset and the mind to settle.

The Coastal Cold Rinse was shaped by listening closely to guests and observing how they move through the spa experience.

"Our guests are naturally drawn to contrast," says Paulina, Director of Grotto Spa. "The Coastal Cold Rinse adds a playful, invigorating layer to the experience and supports the flow between hot, warm, cool and cold elements in a way that feels intuitive and energizing."

Designed as a five-litre rinse delivered from an overhead cedar bucket, the experience offers flexibility and choice. Guests can pull the rope quickly for a full cascade or ease into it slowly, allowing the body and breath to adjust at a comfortable pace.

"A bucket rinse can feel very approachable," Paulina shares. "It gives guests control over the intensity, which helps them build confidence and enjoy the sensation in a way that feels right for them."

When paired with time in the cedar barrel saunas, the cold rinse brings an immediate shift.

"There's a noticeable lift," Paulina says. "Guests leave feeling alert, refreshed and lighter, both physically and mentally. Sometimes there's laughter, sometimes quiet focus, but there's always a sense of being fully present."

Alongside the Coastal Cold Rinse, Grotto Spa has added two new cedar barrel saunas and louvered pergolas to the Garden Oasis, further enhancing the outdoor experience throughout the year.

"Enhancing the Garden Oasis became a passion project for us," Paulina adds. "Spending time outdoors in every season supports overall well-being. It helps reduce stress, improves mood and sleep and invites people to slow down and connect with themselves and nature."

The experience remains intentionally self-guided.

“We offer a suggested path, but wellness is personal,” Paulina says. “Everyone is different. We encourage guests to listen to their bodies, move intuitively and enjoy each step of the journey in their own way.”

When guests leave the Garden Oasis, Paulina hopes they carry something lasting.

“A sense of calm, clarity and connection,” she says. “To themselves, to others and to the moment they shared here.”

The Coastal Cold Rinse is now open to guests as part of the Grotto Spa experience.