

FOR IMMEDIATE RELEASE

EMBRACE THE BEAUTY OF FALL'S TRANSITION INTO WINTER: THE KABIN AT AKÜAM OPENS MUSKOKA'S FIRST PRIVATE WELLNESS ESCAPE

Muskoka's only exclusive-use contrast therapy and nature-inspired retreat offers small groups a dedicated space to slow down, rest, and reconnect.

UTTERSON, ON (MUSKOKA) – October 8, 2026 — As the vibrant foliage of autumn gives way to the crisp stillness of winter, a new sanctuary for relaxation has arrived in the heart of cottage country. Aküam Spa Muskoka is thrilled to announce the official opening of The Kabin at Aküam, Muskoka's first and only private, exclusive-use wellness destination.

Located on a serene, forested property in Utterson, ON, The Kabin at Aküam offers intimate groups of up to 8 guests total, full and private access to a holistic nordik therapy circuit and nature-inspired rest areas. Designed to help visitors step away from daily noise and intentionally slow down, the 3-hour private escape provides a restorative nervous system reset surrounded by Muskoka's tranquil landscape.

A SANCTUARY DESIGNED FOR REST AND CONNECTION

As the season transitions, the crisp autumn air and quiet forest provide an ideal backdrop for thermal contrast therapy. Guests embark on a self-guided 3-hour wellness journey, moving seamlessly between hot, cold, and rest cycles:

- **Thermal Heat:** A wood-fired cedar sauna with forest views and a soothing outdoor hot tub.
- **Invigorating Cold:** Cold plunge tubs, refreshing cold showers, and cold buckets to boost circulation and release endorphins.

- **Nature-Inspired Rest:** Outdoor fire pits with cozy blankets, a beautiful Muskoka room surrounded by pine forest, and an upper loft lounge featuring red-light therapy for deep physical and mental integration.

Complimentary coffee, tea, and hydration stations are provided, and guests can further customize their private visit with curated local charcuterie and sweet bakery boxes or guided movement and breathwork sessions led by local practitioners.

A UNIQUE VISION FOR MUSKOKA WELLNESS

"We are so grateful to welcome guests to The Kabin as autumn brings out the incredible beauty of nature in Muskoka," said Sarah Thatcher, Founder and Co-Owner of Aküam Spa Muskoka. "Fall and winter invite us to slow down, turn inward, and recharge. We created The Kabin as an intimate, private space where friends, families, or teams can gather, disconnect from their screens, and experience true rest together in nature."

Whether celebrating a milestone, gathering with friends, or hosting a corporate team reset, The Kabin at Aküam provides an unmatched setting for quiet reflection or social connection.

BOOKING & INFORMATION

Private 3-hour group sessions at The Kabin at Aküam are now available for online booking. Base sessions accommodate up to 4 guests, with options to add up to 8 total guests per private buyout.

For bookings, media inquiries, or additional details, visit akuamspa.com or follow on social media at Instagram ([@thekabin.akuamspa](https://www.instagram.com/thekabin.akuamspa)) and Facebook.

ABOUT AKÜAM SPA MUSKOKA

Aküam Spa Muskoka is a contrast therapy and wellness destination set in Utterson, Ontario with direct access off Highway 11, central to all of Muskoka. Rooted in nature connection and thermal movement, Aküam provides transformative rest through private contrast therapy circuits, cedar saunas, and nature-inspired relaxation spaces.

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