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## Gettin' Naked

By **LAURA ENGLAND, Edmonton Sun**

On my honeymoon in Cuba many women were topless on the beach, but I was too shy and covered up. I'd probably be the only beadless woman at Mardi Gras and look for me in the sequel to *Girls Gone Wild* entitled *Girls Gone Home To Bed By Eleven*. Catchin' my drift? But this weekend I threw caution to the wind and Skied Naked.

Now before you go calling the cops or the ski patrol, Ski Naked is actually a Martini (Blue Curacao, Absolut, Cointreau, grape juice and a sprig of mint) and is part of a ski-spa package offered at the Lake Louise Inn.

My husband, Boyd and I were lucky enough to partake of the whole Ski Naked package which consists of lift tickets to Lake Louise, two nights' accommodations, a lovely Martini, a fabulous 30 minute massage, (courtesy of the best massuers ever Andrew and Daniel!) and four breakfasts. This package is offered until April 15 and would make a perfect Valentine's Day gift for that special woman don'tcha think?



**The Lake Louise Inn.**

### Something for everyone

But this is only one of many reasons to stay at the Inn. Although built almost 50 years ago, the Lake Louise Inn is a modern, environmentally sound facility because of continuous renovations and upgrades. Its five buildings include such amenities as a swimming pool, 2 whirlpools and steam room, exercise room, meeting rooms and a truly unique gazebo with fire pit.

While touring the facility with Gail Chapelsky, general manager, she explained how the Inn is a destination for all types of people.

"Our rooms range from a cozy room for two, all the way up to apartments that comfortably sleep eight. We are very much a family oriented facility and cater to many groups from overseas that stay for a week at a time."

Another package offered by the Lake Louise Inn is the Mountain Escape which is aimed exclusively at women and "focuses on your personal development through positive self-image enhancement, healthier eating and physical activity." The Inn has been offering this package for 25 years and has welcomed some of the same returning guests for each of those years.

### Community minded

The Inn is very much a part of the Town of Banff. This past weekend, in conjunction with the Ice Magic Ice Sculpture Competition, the Inn hosted an event entitled, One Carver, One Block, One Hour, in which one team member from each of the teams involved in the international competition at Chateau Lake Louise were challenged to come up with a sculpture in one hour. There was a buzz in the air and not just from the chainsaws at work. Complimentary wine tasting and hors d'ouvres supplied by the Inn added to the festival type atmosphere and our two dogs Lucy and Kasey were smothered by affection from the spectators.

Yes, that's correct; the Lake Louise Inn broadens their definition of family to include our beloved canines. As all you dog owners out there know, this is of great importance as having pets can sometimes interfere, or even prevent, those ski holidays.

Staying at the Inn also made me realize there is more to the town of Lake Louise than the Chateau and a lovely gas station. It is a vibrant, friendly, picturesque community of which its residents are fiercely proud.

Many thanks to all the staff at the Lake Louise Inn who opened my eyes to the joys of Skiing Naked. I will do it again - just don't tell my mom.

For reservations, pricing and all the other details you'll need for a fabulous stay, go to [www.lakelouiseinn.com](http://www.lakelouiseinn.com).