

Hop in the Spa brings European tradition to Sisters

By Jim Cornelius
News Editor

Sisters has a new addition to its health-and-wellness-focused business community.

Hop in the Spa offers customers a relaxing and healthful soak in a cedar tub infused with hops and essential oils — in addition to massage and a steam room.

“We have a proprietary blend,” owner, herbalist, naturopathic practitioner Sally Champa explained. “It’s going to be like a mineral spring, if you will.”

Hop in the Spa operates by appointment only, and the tub is drained, sanitized and refreshed for each visit. There are two tubs in the spa, so you can enjoy time as a couple or with a friend. The tub is not piping hot — with a temperature at 100-102 degrees.

“It’s going to be very much like taking a hot bath,” Champa explained.

Plans include a lounge offering Deschutes Brewing beer or wine, and a proprietary coffee blend. “Hop in the Cup” will blend coffee with hops, which evens out the jitteriness associated with caffeine.

This summer, she plans to open a traditional German

beer garden in the back courtyard, and she also plans to start growing her own hops.

This sort of spa is a pioneering effort here in Sisters Country.

“It is very well known in Europe, and these beer spas are in Canada now,” Champa told *The Nugget*. “This is the first one in the United States.”

The beer spa idea grew out of Champa’s herbal products.

“I wanted to develop a bath product for my clients,” she said. “That’s all I was thinking at the time.”

“...my husband gave me a relaxing hour in a wooden tub, hops floating in water steaming with essential oils. One more fun thing to do in Sisters!”
— Brenda Smith

But Sisters’ reputation as a tourist destination and a center of the good life made the idea of opening a beer spa attractive.

“It’s going to be a hot



PHOTO PROVIDED

Hop in the Spa offers a soak, massage, steam, relaxed lounging with a beer or wine.

destination here,” she said. “I think it’s going to be great for the other businesses and create a community.”

She said she plans to offer up the tubs for post-game ice baths for Outlaws athletes.

Hop in the Spa opened over Valentine’s Day

weekend, and local resident Brenda Smith was one of the very first customers.

She told *The Nugget*, “I’m sort of past the age of wanting stuff for Valentine’s Day, so this year my husband gave me a relaxing hour in a wooden tub, hops floating in

water steaming with essential oils. One more fun thing to do in Sisters!”

Hop in the Spa is located on Cascade Avenue between Cork Cellars and Stitchin’ Post. For more information visit www.hopinthespa.com or call 541-633-4576.

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