

## Celebrity spa retreats

We asked some of Canada's biggest stars to dish on where they like to get pampered when they're not in the limelight. Read on to discover some of their favourite hot spots across the nation!

By Cherie DeLory

### **Civello Salon & Spa, Toronto**

National Ballet of Canada principal dancer Aleksandar Antonijevic recharges his body and mind while having an Ayurvedic facial at Civello Salon and Spa. The plant-based Aveda products allow his skin relief from heavy stage makeup. All facials include an ancient Japanese Hara balancing massage treatment that promotes relaxation in the chest, abdomen and lower back. "You really feel like having just visited heaven in an hour and a half of your time," says Antonijevic. ([www.civello.com](http://www.civello.com))

### **Sahara Spa, Moose Jaw, Sask.**

Jeff Beesley, director of CTV comedy series *Corner Gas*, indulges in a Jamu massage with his wife once a week at Sahara Spa. Afterward, they relax with a glass of wine, an essential for surviving Saskatchewan's long winters, he says. The Sahara is a traditional Balinese spa. The Jamu massage includes the combined techniques of acupressure, skin rolling, long strokes and percussion movements. ([www.saharasp.ca](http://www.saharasp.ca))

### **Essence of En Vogue, Regina, Sask.**

*Corner Gas* star and Gemini nominee Gabrielle Miller says Essence of En Vogue offers the "best pedicure in town." And, she adds, "the volcanic foot mask is a special treat for the folks of Dog River!" The volcanic foot mask is conditioning volcanic clay, fortified with grape seed extract, evening primrose oil and other vitamins and minerals. Located in Regina's only four-diamond hotel, the Hotel Saskatchewan Radisson Plaza, this spa carries an Ayurvedic skin-care line called Sundari, created by a trio of women including model Christy Turlington. ([www.essenceofenvogue.com](http://www.essenceofenvogue.com))

### **Ste. Anne's Country Inn and Spa, Grafton, Ont.**

Ann Rohmer, a City TV/CP 24 news anchor, ranks Ste. Anne's Spa as one of her favourite spas in North America. She likes to escape to the country and have the Eucalyptus Body Wrap, an aromatic heat treatment that removes toxins, stimulates circulation and soothes tired muscles. "It makes me feel like I'm ready to take on the world in a very peaceful way," says Rohmer. Ste. Anne's was voted 2006 "favourite spa of Canada" by Spa Finder magazine. ([www.spavillage.com](http://www.spavillage.com))

### **Spa at the Monastery and Suites, St. John's, Nfld.**

Toronto actress Leah Pinsent (*First Bite*) always finds occasion to redeem the spa gift certificates that her dad, actor Gordon Pinsent (*Away From Her*),

won't use. While shooting the film *Heyday!* with her dad, she went to the Spa at the Monastery and Suites. "Anything for relaxation and good skin works for me," says Leah. "I'm not a body scrub person. I'm more of a facial, rub my body type of person." ([www.monastery-spa.com](http://www.monastery-spa.com))