

# Pamper rejuvenate, restore

CANADIAN SPAS TO INDULGE YOUR SENSES

SPRING – A TIME OF RENEWAL AND REBIRTH. FOLLOW MOTHER NATURES LEAD TO CLEANSE, REJUVENATE AND RESTORE. CANADA HAS A PLETHORA OF RETREATS TO SOOTHE THE BODY, MIND AND SOUL. PAMPER MOM WITH A DAY AT THE SPA; REKINDLE YOUR ROMANCE FOR A LUXURIOUS WEEKEND; OR RETREAT TO REJUVENATE YOURSELF. YOU’LL BE SURE TO FIND A SPA TO INDULGE ALL YOUR DESIRES.

BY MAY GEORGINA DELORY

BRITISH COLUMBIA

## Echo Valley

800.253.8831

WWW.EVRANCH.COM

An alpine wilderness retreat **Echo Valley Ranch & Spa** is surrounded by boreal forests, lakes and canyons. Here Western hospitality is juxtaposed with Asian pampering on 160



ECHO VALLEY RANCH & SPA

acres in the Cariboo Mountains. The luxurious main lodge constructed of 100-year-old logs houses a massive fireplace. The ranch can host up to 35 guests. The serenity of the extensive Thai spa facilities, including indoor heated pool, sauna, herbal steam rooms and hot tub easily induce peace and relaxation after a day’s horseback riding, hiking, cross-country skiing, or fly-fishing. After you visit the authentic Baan Thai Spa made of teak from Thailand and Canadian cedar, it’s easy to believe that in such Shangri-La-inspired surroundings one never grows old. Exotic facials and wraps

include imported Samunphlai herbs, spices and aromatic oils. A morning class in Ruesri dat ton, the Chaloeisak exercise, an ancient method of Thai stretching and breathing may avert illness, restore a sense of physical and mental balance, and gently relieves joint pain. Echo Ranch offers all-inclusive programs tailored to personal interests. Located in Clinton, BC.

## Sunmore Ginseng

250.372.2814

WWW.SUNMORE.COM

Located on the outskirts of the desert resort town of Kamloops, BC. The deluxe, 22,000 square foot **Sunmore Ginseng Day Spa** houses a unique spa and elegant tearoom. Treatments and cuisine revolve around locally grown ginseng – the King of Herbs used for more than 5,000 years in Asia to promote physical stamina. Enjoy the soothing and healing properties of an aromatherapy massage with plant and herb essential oils. The mandate is to balance body, mind and spirit to promote harmony from within using the elements of Yin Yang: gold, wood, water, fire, earth. Bliss!



WEDGEWOOD LUXURY BOUTIQUE HOTEL DAY SPA

ALBERTA

## Wedgewood

800.663.0666

WWW.WEDGEWOODHOTEL.COM

After experiencing the lymphatic drainage massage at Vancouver’s **Wedgewood** luxury boutique hotel day spa you may leave feeling 10 pounds lighter. The rejuvenating eucalyptus vapors misting throughout their sauna are whisper quiet to easily induce sleep. The spa offers couples, maternity, deep tissue, Jamu and Swedish massage; along with their signature Cinnamon Enzyme Facial and Tree Bark Enzyme Mask. The hotel is on the Conde Nast Travellers Gold List.

## Fairmont Banff Springs

800.257.7544

WWW.FAIRMONT.COM/BANFFSPRINGS

Escape to a world within a world at the magnificent ‘Castle in the Rockies’ – the **Fairmont Banff Springs**. Overlooking the Bow Valley you can indulge in a myriad of therapeutic spa treatments or float in its world-renowned mineral baths pre or post land and mountain activities. A recent \$75 million renovation places the hotel on any wish list. Revel in mud baths or European style body treatments to be transported to a Zen state. The Willow Stream Spa ‘Wildflower Body Polish’ offers a chamomile pumice and loofah scrub to soothe and ever so slightly lighten skin tone. Clientele includes Hollywood film stars, sports and political kingpins seeking refuge in the Canadian Rockies experience.

## Institute de Santé

866.550.0772

WWW.SANTESPA.COM

In the heart of downtown Calgary, The **Institute de Santé**, founded by Dr. Wendy Smeltzer, is one of Canada’s leading medical day spas. This quiet, elegant day retreat is designed to help you change the way you look, feel and live. The medical esthetics team has designed an advanced retinol and collagen facial for anti-aging. After a stressful conference experience the acupuncture ‘Aquamarine Facial’ performed with a clear crystal stone quartz that promotes energy flow and improves the skin’s elasticity

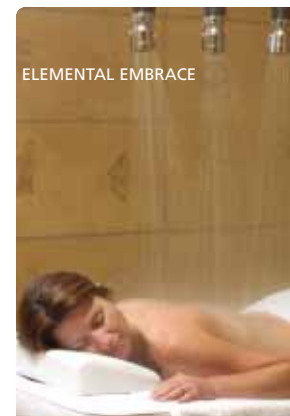
## Elemental Embrace

866.212.9355

WWW.ELEMENTALEMBRACE.COM

A 30-acre, sensory paradise **Elemental Embrace** has the appeal of an ancient restorative, healing spa transported from India. Ayurveda – the ‘Science of Life’ based on the theory of one in tune with nature has been practiced for centuries. Spa and wellness programs are tailored to the guests needs after consulting a resident Ayurvedic doctor (Vaidya). The retreat offers two-day relax and de-stress packages, to 28-day supervised weight loss or detoxification programs. After an evening’s swim in the heated indoor pool you’ll enjoy a peaceful, sublime sleep on a hypoallergenic coconut husk mattress in a room hung with blackout curtains. Located in the small town of Brighton.

ELEMENTAL EMBRACE



ONTARIO

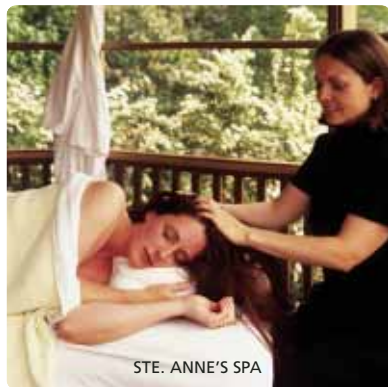
## Ste. Anne's

888.346.6772

WWW.SPAVILLAGE.CA

**Ste. Anne's Spa**, repeatedly voted the number one spa in Canada by *Spa Finder Readers' Choice*, is listed in the top 100 spas of the world. The original 1858 stone complex on 570 manicured acres in Grafton overlooks Lake Ontario. The Aveda spa, professional programs, and fine cuisine created by an award-winning chef all contribute to its excel-

lent standing. The pampering is ongoing from the moment you stroll through the front garden gates to your good-bye wave. There's a mid-week package where men stay free when they accompany their partner. If your heart desires whimsy, stay in one of the private cottages: a pretty red-brick farm-



STE. ANNE'S SPA

house; an English stone cottage; the Dolls House, or a white Victorian clapboard. Ste. Anne's menu also caters to people with various intestinal health problems: crohn's, ulcerative colitis, and diverticulitis. A queasy tummy won't keep you from visiting this world's top spa retreat. The sumptuous afternoon tea is a must.

organic cuisine of berries, herbs, vegetables and edible flowers from the organic gardens; personalized service by staff (two for each guest) all relentlessly provide the 'French Pampering Experience'. Kinesiologists and fitness experts design programs to benefit the entire body, including an on staff naturopath who can provide a health assessment. Spa treatments such as the grape cure and the 'Relaxation & Vitality' package are internationally recognized. The 'Duet Maple Sugar' body polish and massage is sure to release tension after a day's hike.

Daily activities include: fitness walks, tai chi, heated outdoor and indoor pools, aqua aerobic, yoga, Pilates, fitness classes, fitness classes, workshops and lectures; a mineral/oxygen Quartz facial. The world-renowned cuisine consists of sumptuous sauces, stews, and dishes of fennel

salad, lamb, and wild rice and pan-roasted duck; plenty of fresh fruit, whole grain breads and a variety of excellent organic wines. Decadent desserts are prepared by the in-house pastry chef. Eat heartily and never gain an ounce while renewing mind, body and soul. 90 minutes east of Montreal.

## Balnea

866.734.2110

WWW.BALNEA.CA

The **Balnea Day Spa** set in restful views of Bromont-sur-le-lac in the countryside of the Eastern Townships, offers a multitude of wellness/relaxation treatments based on the

Finnish love of the sauna, and hot and cold baths (thermotherapy) known to treat mild depression. The 'Four-Hands' massage (two therapists) is given in a separate cathedral-style building and releases every last remnant of physical and emotional stress. Delicate strokes and tapping motions are used over the entire body to kick-start the lymphatic system, integral to ridding the body of toxic waste. 90 minutes from Montreal.

## Menthe Fraicheur

866.949.3256

WWW.MENTHEFRAICHEUR.COM

**Menthe Fraicheur's** owner grows and processes the mint used in this restored 1904 Grand Truck railway station day spa in the quaint village of Coaticook. Be swathed in soothing creams and lotions while legs,



BALNEA DAY SPA

feet and hands are restored to 'mint' condition. Refreshing and enlivening aromas abound the atmosphere. A host of products for sensitive skin made with mint and other complimentary herbs are also available. Children can have body, hands and feet buffed and polished alongside mommy or daddy in a special treatment room. Once you're 'shiny as a penny' lunch at the healthy café. **H&L**

## Spa Eastman

800.665.5272

WWW.SPA-EASTMAN.COM

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