

The Magnolia Hotel
& Spa, Victoria

Spa News

NORTHERN DELIGHTS

From secluded retreats to urban oases, these luxury destinations HIGHLIGHT the best of Canadian spas.

SILENT TREATMENT

If you're looking for extreme serenity and solitude (and minimal cell reception), the quiet surroundings at the **Scandinave Les Bains Vieux-Montréal** (scandinave.com) in Old Montreal is the ideal locale for quiet rejuvenation. Experience the traditional Scandinavian treatment (\$54)—several circuits of body warming, cool rinses (try the icy-cold plunge pool) and relaxation periods—to detoxify skin, improve physical well-being and release endorphins for a natural high.

The plunge pool
at Scandinave
Les Bains
Vieux-Montréal

Miraj Hammam
Spa by Caudalie
Paris, Toronto

WORLD TRAVELLER

For the ladies who lunch in Morocco (or, you know, for the ones who would like to) comes the second outpost of Vancouver's **Miraj Hammam Spa by Caudalie Paris** (mirajcaudaliespa.com), situated in Toronto's ritzy new Shangri-La Hotel. Indulge in traditional Middle Eastern detox treatments (from \$125) within the spa's stunning marble-lined rooms, or reap the skin-firming and illuminating benefits of grape seeds, skins and stems with a *Vinothérapie* treatment from French skin-care line Caudalie (from \$85). Added bonus? You can escape winter doldrums without having to deal with jet lag.

NATURAL OASIS

If Stella McCartney's vegan handbags top your holiday wish list, Victoria's **Magnolia Hotel & Spa** (magnoliahotel.com) offers a number of treatments that are likely to satisfy your environmentally conscious tastes. Aveda founder Horst Rechelbacher's new and entirely organic Intelligent Nutrients product line has secured distribution in Canada through Spa Magnolia's Paula Veenema, with exclusive treatments offered at the spa itself. Balance your chakras with an Inbalance Vibrational Zone Massage (\$110), or improve your inner beauty with a facial before soaking up some ocean views at one of the world's top hotels, as voted by readers of *Condé Nast Traveler*.

CURATED INDULGENCE

For those who eschew the *laissez-faire* in lieu of a lifestyle that's more decisive (here's looking at you, ladies who tailor designer duds, wear uniquely blended perfume and recently put in a request that Louis Vuitton craft a handbag in your signature colour), it seems entirely reasonable to personalize a facial as well. **The Spa** at the Four Seasons Hotel in Toronto (fourseasons.com) has a couture menu—which uses organic skin-care products from Ajne—that lets you customize your facial treatment to battle whatever skin issues you may have, whether it's acne, puffiness, hyper-pigmentation or general fatigue. ▷