

LAYA SPA & YOGA 986 Queen St. W., Toronto, 647-438-9032, layaspaandyoga.com. Alessandra De Oliveira opened her Ayurveda-inspired spa in May, thinking that West Queen West could use a little Eastern oasis. De Oliveira incorporates yoga classes into Laya's spa packages—"Ayurveda is the sister science of yoga," she says—and features Indian-influenced treatments like the Shankara Herbal Body Scrub (\$96), Chakra Therapy (\$65) and the Ayurveda Facial (\$118), as well as a full menu of manis, pedis and waxes. The Lymphatic Cleanse Treatment (\$135) starts with a dry brushing, followed by a clay and seaweed wrap and a blissful massage with aromatic oils.

LE PETIT SPA 112 Avenue Rd., Toronto, 416-922-0112. Tucked away on the top floor of Yorkville salon Hair on the Avenue, aesthetician Rita Kaptur's one-room spa is bathed in natural light, courtesy of a skylight, and opens up onto a serene rooftop patio. While she's renowned throughout the GTA for her legendary waxing skills—she can do a Brazilian in under 10 minutes—her beauty know-how extends above the belt too. Her facials (90 minutes, \$90) include a lactic chemical peel, a process she swears by for its increased exfoliation and because it maximizes the effectiveness of skincare products. Having spent seven years working at a plastic surgery clinic, she has a multifaceted perspective on skincare. "I don't really believe in facials without a peel," she says.

MIRAJ HAMMAM SPA BY CAUDALIE Shangri-La Hotel, 188 University Ave., Toronto, 647-253-5770, miraj-caudaliespa.com. Looking for a pre-holiday detox? Tucked inside the city's newest luxury property, the Shangri-La Hotel, this pristine 9,000-square-foot sanctuary is your golden ticket to relaxation. Start by sweating out your sins in a low-mist, high-intensity steam chamber. Then lie down on Jerusalem gold marble for a full-body Gommage (read: amazingly intense scrub) with eucalyptus-laced black Moroccan soap (Hammam & Gommage, 30 minutes, \$125). Or try one of the famous Caudalie Grand Facials (60 minutes, \$150),



MIRAJ HAMMAM SPA BY CAUDALIE

thanks to the spa's exclusive partnership with the resveratrol-rich French skincare brand.

PURE + SIMPLE 41 Avenue Rd., Toronto, 416-924-6355, and three other Toronto locations, pureandsimple.ca. Facial-obsessed folk flock to this spot, which boasts four locations, its own line of natural products and impassioned, skin-savvy staff. The Deluxe Aquabrasion Facial (\$179) resurfaces skin by flushing out pores with a pain-free, fine jet stream cocktail of saline and water. Post-flush, you're treated to a soothing scalp, neck and shoulder massage while a house-blended mask works its magic on your face.

QUARTZ CRYSTAL SPA Trump International Hotel & Tower, 325 Bay St., Toronto, 416-506-5800, quartzcrystal-spa.com. You'll feel like an heir to the Trump fortune at this lavish brand-new spa that spans three floors and 15,000 square feet. Known as CEO and managing partner Inna Levitan's "baby," the concept is based on her Russian heritage and knowledge of the 19th-century quartz baths that served as a healing ritual. Slide into the infinity saltwater lap pool and enjoy its 33rd-floor view of Toronto and the marble wall coverings that act as art installations. The Bamboo Massage

(75 minutes, \$210) combines different textures to both confuse the body and zero in on target areas that need more pressure. Carita Paris facials are also a huge draw here.

RITZ-CARLTON SPA Ritz-Carlton Toronto, 181 Wellington St. W., Toronto, 416-585-2500, ritzcarlton.com. If reputation, location and impeccable service haven't lured you to the Ritz-Carlton Toronto, the Clarins My Blend experience (90 minutes, from \$270) just might. This North American exclusive was created by Clarins heir Dr. Olivier Courtin in an effort to target individual skin concerns. After a 20-minute touchscreen consult that provides insight into your skin's state, you're ushered into a private room. There, your skin

RITZ-CARLTON SPA

