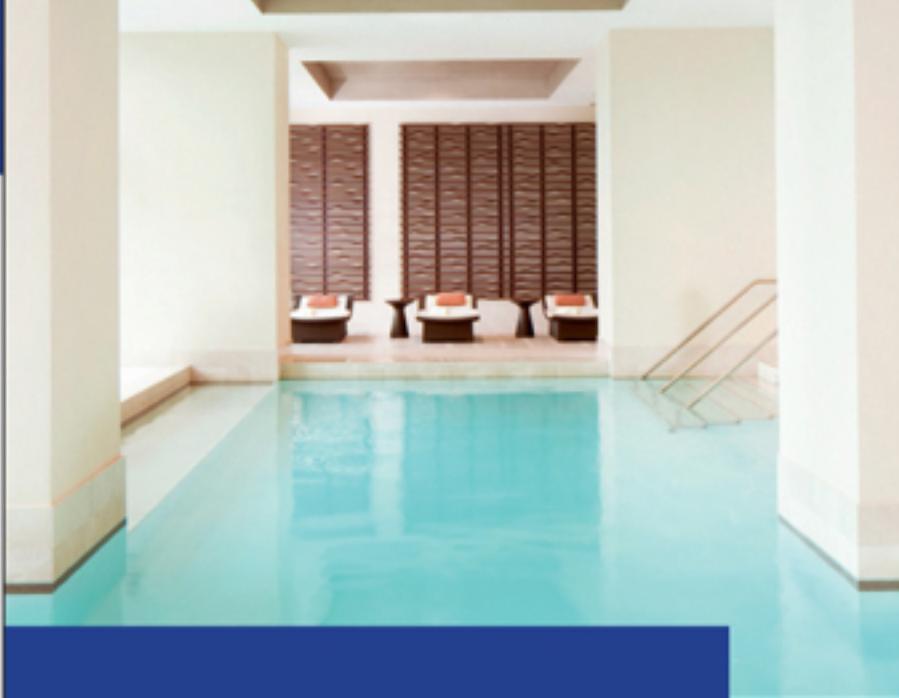


**BEST FOR:  
AN EXOTIC PICK-ME-UP**

MIRAJ HAMMAM SPA BY CAUDALIE  
SHANGRI-LA HOTEL, TORONTO  
647-253-5770, MIRAJCAUDALIESPA.COM

I found nothing cliché about this exotic haven, which holds court on the fifth floor of the Shangri-La Hotel. All the little details are made special, from the decor (inspired by Paris, Marrakech and Istanbul) to the myriad treatment rooms, which snake through the chocolate-coloured spa and are named after Moroccan cities. The star treatment is the Hammam & Gommage (\$125), a full-body cleansing treatment from the Middle East delivered in a low-mist, high-intensity steam chamber. It requires you to disrobe and lie on a Jerusalem gold marble slab for a traditional hammam, which detoxifies, cleanses and relaxes your body. It then goes a step further with a full-body gommage to improve blood circulation and slough away dry skin. I opted for the slightly less adventurous signature Caudalie Crushed Cabernet Scrub (\$145), a full-body exfoliation. The scrub—made in-house with natural ingredients such as honey and crushed grape seed—left my skin feeling smooth and supple (it is also available for purchase). The denouement was the sweetest: I enjoyed baklava and Moroccan mint tea while lazing in the Alhambra Lounge, propped against an abundance of decorative pillows. -MISHAL CAZMI

Caudalie Vinexpert Firming Serum, \$79, and Caudalie Crushed Cabernet Scrub, \$29 (available at Murale)



**BEST FOR: A SERIOUS SKIN PRESCRIPTION**

SPA MY BLEND BY CLARINS  
THE RITZ-CARLTON, TORONTO  
416-572-8000, SPAMYBLENDTORONTO.COM

Tucked away inside the glitzy Ritz-Carlton hotel, this spa was a sight for my sore eyes, with natural light filtering through its many windows. The spa highlights My Blend, a customizable skincare line from Dr. Olivier Courtin, Clarins' managing director and in-house beauty brain. The signature offering is the 90-minute My Blend facial (\$270), a unique-to-you treatment in which a skin coach takes you through a computerized skin analysis. It began with a questionnaire, which assessed my skin (dehydrated, sensitive combination) and recommended a beauty prescription (a stress-management My Essential formula with boosters for dryness and redness) for use in my treatment. But your skin profile can change—my skin coach, for example, tweaked the recommended prescription because she felt my skin might fare better with a different combination of products. I asked about extractions, but there's a no-extraction policy (although the facialist will perform one if you insist). If you have less time to devote to your R & R, take a quick dip after work in the saltwater pool and soak up the view of the city, or perfect your downward dog in a private yoga studio. The best part is you don't have to leave the spa with dishevelled hair and a bare face: The on-site beauty bar—led by makeup artist Jackie Gideon, a local pro with celebrity cred—can provide a complimentary touch-up before you dash out. -MC.

**PRO TIP:**

*"Plan your days and strategize to get the most out of your blowout. A top knot is a great solution for putting your hair away and then setting it again. Take the Pantene Pro-V Beautiful Lengths Strengthen and Smooth Finishing Crème, and wrap your hair into a bun. Take it out a few hours later and you'll have another look."*

-DANILO, PANTENE CELEBRITY STYLIST AND GLOBAL AMBASSADOR, ON THE PERFECT TRAVEL DO



Satin-Smooth Body Lotion, \$44, and Clarins HydraQuench Cream-Gel, \$50

