



Sanctuary in the city **SHANGRI-LA** TORONTO

THE HOTEL When a weekend of urban sophistication with a side of relaxation beckons, book a room – or one of 49 luxury suites (the largest is 2,200 square feet) – at the Shangri-La Toronto, which opened its doors this past September just in time for the 2012 Toronto International Film Festival. With a \$5-million sculpture by Chinese artist Zhang Huan at its base and several celebrated restaurants – the new Bosc and the three-storey Momofuku complex – next door, the 66-floor skyscraper is a one-stop sampling of the best the city has to offer.

THE SPA Inspired by the traditional treatments of the Middle East, the Miraj Hammam Spa's signature service is Hammam & Gommage (hammam means Turkish bath and gommage is French for body exfoliation). Step into private high-intensity and low-mist steam chambers and lie in luxury on Jerusalem gold marble while your skin is

detoxified and exfoliated with the aid of calming black Moroccan eucalyptus soap. Afterwards, relax on silk cushions, enjoy a massage or indulge in a Caudalie grand facial with Caudalie Paris's patented *Vinothérapie*, which incorporates vine and grape extracts from the vineyards of Bordeaux, Champagne and Burgundy.

THE STARS Lily Collins (left), Canadian musicians Chantal Kreviazuk and her husband, Raine Maida, have all relaxed at the spa in Toronto, while Uma Thurman, Sting and Jodie Foster are fans of Miraj Hammam in Vancouver.

THE DETAILS Rooms at the Shangri-La Toronto start at \$460 per night and run up to \$10,000 for the Shangri-La suite. The Hammam & Gommage treatment costs \$125; a Caudalie grand facial is \$150 for 60 minutes. Visit shangri-la.com/toronto

THE PRODUCTS

Caudalie Paris Crushed Cabernet Scrub, \$29, caudalie.com **Caudalie Paris Divine Oil**, \$48 **H**