

DOUBLE YOUR PLEASURE

We know that whichever spa and service you choose, you'll feel utterly rejuvenated as a result. Make the experience even more special by sharing it with a loving partner, a supportive friend or sibling, or a deserving parent.

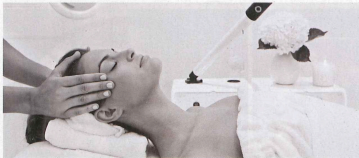
COUPLES RETREAT The elegant confines of the **Spa at Windsor Arms** are perfect for some romantic downtime with sparkling wine, side-by-side massages, and manicures and pedicures.

DESTINATION CASABLANCA Drawing its inspiration from Marrakesh, Istanbul and Paris, **Miraj Hammam Spa's** voyage for two starts with a mask in its hammam steam chamber, then proceeds to a full-body exfoliation, rhassoul clay body mask and a relaxing hour-long massage.

EXOTIC ESCAPE FOR TWO SPA RETREAT This laid-back pair's package at **Elmwood Spa** allows for lots of catch-up time—over a cup of tea, during a four-course Thai dinner, while using the whirl- or swimming pool and steam room, and during your side-by-side Swedish massages.

TREAT YO' SELF

Can't decide which part of your body deserves the most pampering? Why not get spoiled from head to toe with the Cultural Mosaic of Canada package from the **Spa at the Four Seasons**? This cosmopolitan retreat celebrates our country's diverse cultures by incorporating therapeutic techniques and teachings from around the world, including an Asian-fusion massage, an Indian head massage to balance your body's chakras, and a classic European facial.



WHERE TO RELAX

Bodé Spa Studio for Men
154 Bedford Rd.; bodespa.com

Body Blitz
497 King St. E., 416-364-0400;
471 Adelaide St. W., 416-364-0400;
bodyblitzspa.com

Elmspa
557 Church St., 416-964-4500; elmspa.ca

Elmwood Spa
18 Elm St., 416-977-6751; elmwoodspa.com

Gee Beauty
2 Roxborough St. W., 416-486-0080;
geebeauty.com

Hammam Spa
602 King St. W., 416-366-4772;
hammamspa.ca

Lux-Spa
25 Bellair St., 416-924-1680; lux-spa.com

Miraj Hammam Spa
Shangri-La Hotel, 188 University Ave.,
647-253-5770; mirajcaudaliespa.com

Novo Spa
66 Avenue Rd., 416-926-9303; novospa.ca

Pure Beauty Salon & Spa
Trump Tower, 325 Bay St., 416-306-5800;
trumphotelcollection.com

Pure + Simple
725 King St. W., 416-366-8558;
41 Avenue Rd., 416-924-6555;
pureandsimple.ca

Spa at the Four Seasons
60 Yorkville Ave., 416-964-041; fourseasons.com

Spa at the InterContinental Toronto Centre
225 Front St. W., 416-597-1400;
torontocentre.intercontinental.com

Spa My Blend by Clarins
Ritz-Carlton Hotel, 181 Wellington St. W.,
416-572-8000; spamyblendtoronto.com

Spa at Windsor Arms
18 St. Thomas St., 416-934-6031;
windsorarmshotel.com

The Spa at the Hazelton
118 Yorkville Ave., 416-963-6307;
thehazeltontoronto.com

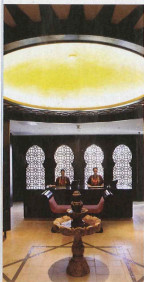
The Spa at the Old Mill
21 Old Mill Rd., 416-232-3700;
oldmilltoronto.com

Stillwater Spa
Park Hyatt Hotel, 4 Avenue Rd., 416-926-2389;
stillwaterspa.toronto.com

Sweetgrass Spa
111 Queen St. E., 647-986-5300;
sweetgrassspa.ca

The Ten Spot
117 Roncesvalles Ave., 416-613-0258;
749 Queen St. W., 416-915-1010; the10spot.com

Votre Beauté European Day Spa
Westin Harbour Castle Hotel, 1 Harbour Square,
416-203-8483; votrebeautespa.ca



Swarovski, Bench, Michael Kors, Scotch & Soda, Aerle, Godiva, Rockport, Marciano, Jack & Jones and Express. Open daily, 220 Yonge St. 416-598-8560. **Map 1 F12** torontoentertainment.com

VAUGHAN MILLS A 250-store shopping mecca north of the downtown core. Find such brand name stores as Bass Pro Shops Outdoor World, Ecco, H&R, True Religion, Brand Jeans, Tommy Bahama, Gox, Lacoste Outlet, Hit the Lucky Strike Lanes or Legoland Discovery Centre for fun. Gift with purchase for tourists: visit Guest Services for details. Open daily, 1885 Pro Mills Dr. (at Hwy. 400 and Rutherford Road), Vaughan, 905-879-2110. **vaughanmills.com**

YORKDALE SHOPPING CENTRE Recently subject to a massive renovation, this Northern Toronto mall boasts many of the biggest names in retail, from Holt Renfrew and Harry Rosen to international design brands like Ted Baker London and Kate Spade New York—more than 250 stores in all. Refuel during your day of shopping at upscale food court Dine on 3, or at such restaurants as Joey, Milestones Grill & Bar and others. Open daily, 3401 Dufferin St., 416-789-3261. **yorkdale.com**

SPAS & SALONS

ALLAN PARSS SALON Swanky salon owned by Allan Parss, hairstylist to the stars. Specializes in women's and men's cuts, colouring, special occasion styling, plus manicures, pedicures, facials and massages. Ultra-chic minimalist design with a tile foyer and luxurious wash stations. 422 Wellington St. E., 416-622-9070. **Map 1 G12** lux-spa.com

AXE & HATCHET GROOMING CLUB A contemporary grooming spot for the modern man. In a testosterone-friendly setting, complete with a retro barber's pole and reclaimed wood accents, have your hair cut, beard trimmed or get a straight razor shave. Mon-Sat, 101 Yorkville Ave., 416-901-3634. **Map 1 C11** axehatchetclub.com

BODY BLITZ SPA Tranquil, zen space with services focused around the healing effects of water. Pool area boasts welcoming lounge chairs surrounding a dead sea salt pool with 24 hydrotherapy jets and a stone waterfall, a hot green tea bath and a cold plunging pool. Indulge in a mud or body scrub, massages or face and scalp renewal. Open daily, 471 Adelaide St. W., 416-364-0400. **Map 1 G8**; 497 King St. E., 416-364-0400. **Map 1 G15** bodyblitzspa.com

CIVELLO SALON & SPA An Aveda lifestyle salon, which means high quality and environmentally friendly. Aveda products are used and sold. A full range of spa and salon services are offered, including cuts, colour, blow outs, makeup application and lessons, facials, manicures, pedicures, massages, body wraps and exfoliation, and chakra balancing treatments. Open daily, 269 Queen St. W., 416-977-7755. **Map 1 G10**, 887 Yonge St., 416-924-9244. **Map 1 C12**; plus other locations. **civello.com**

ELMSPA An oasis for the busy urban professional. This offshoot of the Elmwood Spa features the soothing sounds of water and a relaxing rooftop garden. Treatments range from spa pedicures and manicures to wraps, massage and an array of facial treatments. Thu-Sat, 557 Church St., 416-964-4500. **Map 1 D12** elmspa.ca

ELMWOOD SPA Nestled in the heart of downtown, experience the finest in health and beauty care with individual spa services and retreat packages to satisfy every need. Spend an hour, an afternoon, or a day enjoying the swimming pool, full service restaurant and a wide range of spa services including the ElmLine Essential Facials, water therapies and L'Oréal hair rituals. Open daily, 18 Elm St., 416-977-6751. **Map 1 E12** elmwoodspa.com

GEE BEAUTY This family-run spot includes such services as eyebrow shaping, customized facial treatments and manicures. Makeup application services have fun names, like the Paparazzi and the Red Carpet. Services for men include brow shaping and foot care.

Also stocks products from the likes of Tata Harper, Sara Hago, Rodin, Bliss, Malin + Goetz, Clarisonic and Bliss. Open daily, 2 Roxborough St. W., 416-486-0080. **Map 1 B12** geebeauty.com

HAMMAM SPA A Turkish-inspired cavernous paradise that combines traditional treatments from around the world with of-the-moment design sensibilities. For the ultimate in relaxation, try the Signature Hammam Body Treatment, which consists of a scrub followed by a massage and comes complete with full use of the essential oil-infused steam room. Open daily, 602 King St. W., 416-366-4772. **Map 1 G8** hammamspa.ca

HOLTS SALON & SPA Warm creams and golds, leather couches and a private area to relax in between treatments make this a perfect pampering spot. Offers tension-relieving body massages, body treatments, luxurious facials, manicures, pedicures, skin-care treatments and makeup application. Full-day spa packages available. Open daily, Holt Renfrew, 50 Bloor St. W., 416-960-2909. **Map 1 C11** holtrenfrew.com

LUX SPA A variety of treatments including manicures, pedicures, waxing, threading and makeup application. Manicures here are performed using a waterless system designed to preserve nail health and polish longevity. Open daily, 25 Belair St., 416-921-1680. **Map 1 C11** lux-spa.com

MIRAJ HAMMAM SPA Inspired by the history and culture of destinations such as Paris, Marrakech and Istanbul, this luxury oasis features many grape-based offerings. Try vinouso facials for dry skin, firming and lifting, or radance. Take a soak in a wine barrel bath, enjoy a crushed cabinet scrub, or opt for the Hammam & Gommage, which includes an eucalyptus exfoliation while laying on Jerusalem gold marble followed by a massage. Plush manicures, pedicures, and men's services include facials and Oriental foot care. Spa concierge can arrange treatments for groups of two or more. Open daily, Shangri-La Hotel, 188 University Ave., 647-253-5770. **Map 1 F11** mirajcaudalespa.com

PURE AND SIMPLE Natural skin care products and makeup with no petroleum, fragrance, colour or chemical additives. Product lines include Pure + Simple, Rahua, True Natural, Naturopathica, Jurlique and Bionic. Services like facials and skin renewing peels are based on holistic philosophies. Open daily, 725 King St. W., 416-366-8558. **Map 1 G8**, 41 Avenue Rd., 416-924-6555. **Map 1 C11**; plus other locations. **pureandsimple.ca**

PUREBEAUTY SALON & SPA Perched atop the 31st floor of the Trump International Hotel & Tower, this spa is inspired by old world European quarter baths. Treatments are aimed at establishing calm, balance and revitalization through the minerals' healing powers. Ten treatment rooms, two couples suites, infrared saunas, an indoor heated salt-water infinity lap pool, movement studio, and yoga and Pilates classes. Spa concierge

can help create individual treatment programs. Trump Tower Toronto, 325 Bay St., 416-306-5800. **Map 1 G12** trump-toronto.com

SPA AT THE FOUR SEASONS HOTEL Touting itself as the "largest luxury day spa in Toronto," this pampering oasis boasts over 30,000 square feet with 17 treatment rooms, two steam rooms, a salon with manicure and pedicure stations, and a connected indoor pool and a co-ed whirlpool. Treatments include a variety of massages, body scrubs and wraps, and facials—try the gold pumping facial for something truly unique. Spa retreats and couples treatments also offered. Open daily, 606 Yorkville Ave., 416-964-0411. **Map 1 C11** fourseasons.com/toronto/spa

SPA AT THE OLD MILL Nestled in the Humber Valley, this spa is inspired by an Old English backdrop. Try the likes of a lavender manicure, rosemary mint pedicure, aromatherapy massage, hand and foot reflexology, reiki therapy, a gentleman's hot towel facial, or the signature French pear and chocolate dip body treatment. Tue-Sun, The Old Mill Toronto, 21 Old Mill Rd., 416-232-3700. **oldmilltoronto.com**

SPAMY BLEND BY CLAIRINS Sixteen private treatment rooms, lap pool with views of the city, green tea-infused vitality pool, aromatherapy steam room, sauna, and Toronto's first champagne nail bar. Menu includes facials, body wraps, scrubs and massages. Couples treatment packages, as well as specific services for men like facials, sports manicures and pedicures. Open daily, Ritz-Carlton Toronto, 181 Wellington St. W., 416-585-2500. **Map 1 G11** spamyblendtoronto.com

STILLWATER SPA A spa concierge greets visitors as they arrive at this beautiful 10,000-square-foot sanctuary decorated with natural finishes and dotted with running streams. On-site is a sauna and steam room, fitness centre, retail store and tea lounge, as well as 17 treatment rooms for spa services including Swedish and aqua massage and a spa-for-two service in a room furnished with two massage beds, a fireplace and a whirlpool. Open daily, Park Hyatt Toronto, 4 Avenue Rd., 416-926-2389. **Map 1 C11** stillwaterspa.com

SWEETGRASS SPA An exclusive women's enclave provides luxurious treatments and plenty of amenities in a cozy, art-filled environment. Offerings include a Swedish massage, reiki, reflexology, lumi lumi, hot stone treatment, detox wrap, classic facial, spa manicure and pedis and waxing, as well as body polishing and tanning services. The facility also includes a swimming pool. Open daily, Queen-Richmond Centre, 111 Queen St. E., 416-368-5300. **Map 1 G12** sweetgrassspa.ca

THE SPA AT THE HAZELTON Exclusive spa located in the venerable Hazelton Hotel. Facial treatments use Swiss Valmont products, while other services focus on rejuvenating weary travellers. Try a signature massage, a Thermes Marins Saint-Malo body scrub or

LISS GALLERY

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