



Surinder Bains

WHO Founder-owner of Miraj Hammam Spa in Vancouver, operator of the Toronto outpost

WHERE At the Miraj Hammam Spa by Caudalie Paris in the Shangri-La Hotel Toronto

WHY The 61-year-old, who splits her time between Paris and Vancouver, was the first to bring an authentic hammam experience, an Old World regimen with notable health benefits, to Canada **By Derick Chetty**

My List

■ **Favourite lipstick** My everyday go-to is Frost by M.A.C. And a selection of Guerlain for a more sophisticated look.

■ **Favourite treatment** Hammam and gommage, as this was the experience at La Mosquée in Paris in 1987 that inspired me to create the first hammam in Canada.

■ **Favourite Vancouver restaurant** As Vancouver is more of a casual city, I prefer more casual dining: Branas Mediterranean Grill. It has the best deck; you may just think you are in the south of France. Cobblestone and sailboats with a million-dollar view! ■ **Best relaxing vacation destination** The island of Djerba.

I have been going for years to indulge in my annual thalassotherapy cure. After morning treatments, I daydream in a chaise lounge as the camels and horses pass by along the beautiful ocean edge.

■ **Most inspiring book** *The Alchemist* by Paulo Coelho

■ **Favourite fragrance** In fall and winter, Shalimar by Guerlain. For spring and summer, Soleil by Fragonard.

■ **Favourite meal to prepare at home in Paris** Oysters from the Brittany Coast accompanied with either a glass of Sancerre or Champagne. Followed by either roulet or dorade, depending on the fishmonger's suggestion, with haricots verts and pommes sautées. Dessert is tarte au citron or the famous tarte aux pommes from Berthillon. ■ **Best business advice** Observation from an early age was my best teacher. When I first heard "Money doesn't grow on trees" - that could have been the beginning of understanding the importance of earning your own income through hard work. Once I discovered that business could be created based upon passion and outside-the-box thinking, I was unstoppable. ☐