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**SUMMER ISSUE**  
LET THE SUNSHINE IN

# SPAS & TREATMENTS

## THE HILLS

The worst part about flying from New York to L.A. is not the excruciatingly long flight or the screaming baby sitting behind you — it's the fact that when you arrive in the land of impossibly perfect bodies and flawless hair you are a dehydrated, jet-lagged, haggard mess. Luckily, we have a solution. Upon arrival proceed directly to The Beverly Hills Hotel Spa by La Prairie (a Champagne-soaked lunch at The Ivy can wait!). A mere 30 minutes from LAX, The Beverly Hills Hotel is a magical oasis reminiscent of a simpler, more glamorous time, which is precisely what you need after a gruelling six-hour flight. The spa is open seven days a week from 7 a.m. to 10 p.m. and offers a full range of services from signature La Prairie facials to luxurious poolside massages. You can't really go wrong here, but our personal recommendation is the 90-minute Jet Lag Therapy. This must-have treatment consists of a 30-minute massage, 30 minutes of reflexology and a 30-minute facial that will leave you relaxed, re-hydrated and ready to revel in the California sunshine. Hello, Rodeo Drive! [TheBeverlyHillsHotel.com](http://TheBeverlyHillsHotel.com)

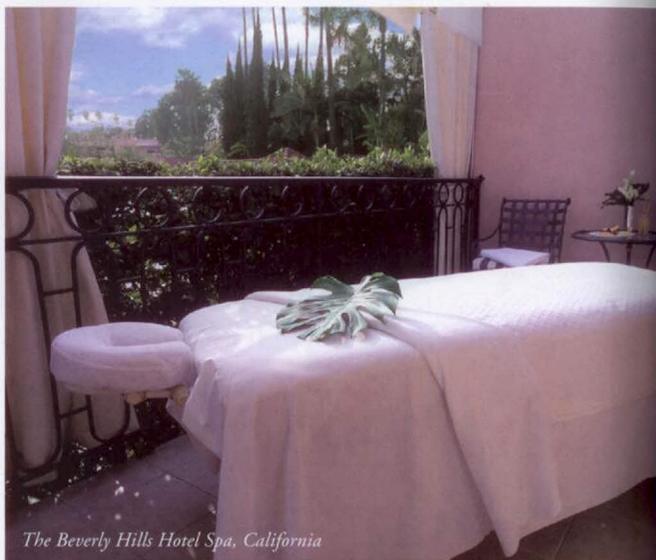
— Casey Gillespie

## WATER WORLD

The green movement has finally found its way to beauty and health, having a strong influence on spas worldwide. But no one really gets it right like CuisinArt Resort's Venus Spa in Anguilla. While other spas may be using botanicals and organically based product lines, CuisinArt get their ingredients fresh from their own Hydroponic Farm, literally in their backyard.

Venus Spa reopened earlier this year after a \$10 million renovation. One of a kind in the Caribbean, the spa received a "facelift" that rivals the region's best, featuring 16 treatment rooms, a zen-inspired relaxation room with sweeping sea views, a newly expanded fitness centre with Kenesis weight training, outdoor yoga pavilion and generously sized hammans. The resort's featured Hydroponic Farm (meaning only water is used, with plant nutrients added in the correct concentrations and ratios for plant growth) works in tandem with the 2,500-square-metre spa (the second largest in the islands). Expect natural essential oils derived straight from the plants and flowers used in massages. The rosemary, mint and lavender are handpicked (literally) for the Organic Garden-Fresh Wrap, mixed with seaweed mud for a detoxifying and nourishing experience.

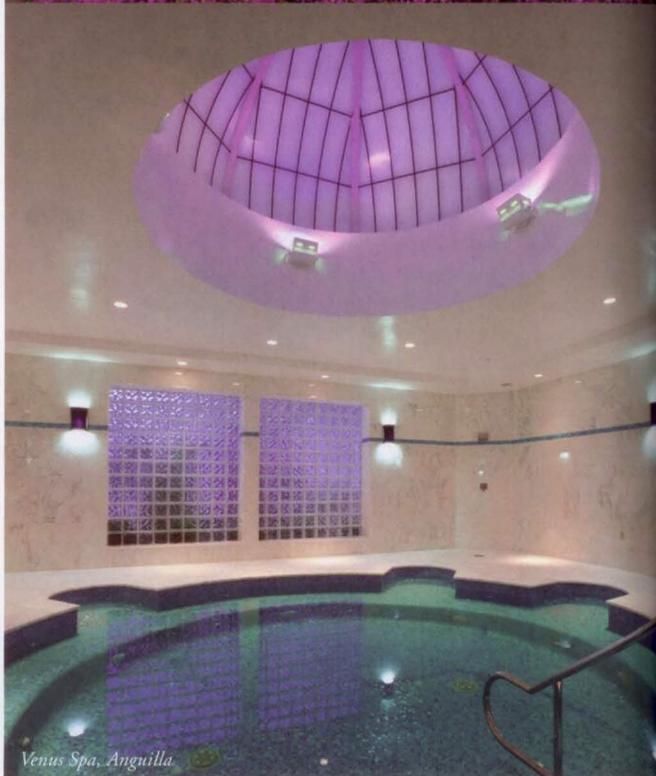
Environmentally aware, the spa also features the Healing Waters Pool, where fresh sea water is pumped straight from their own wells, providing therapeutic benefits. Sure, you can take a dip in the Caribbean Sea but here the water is set at your body temperature so you can relax without your body having to work at maintaining its homeostatic temperature. And where else can you spoil yourself with an aqua massage, where your therapist lulls you into pure relaxation while you remain buoyant in the pool? [4CuisinArt-Resort.com](http://4CuisinArt-Resort.com) — Jimmy Im



*The Beverly Hills Hotel Spa, California*



*Venus Spa, Anguilla*



*Venus Spa, Anguilla*

## ALL-IN-ONE LUXE

Featuring warm, clean design inspired by nature and the world's urban parks (including, of course, Montreal's Mont-Royal) posh Victoria Park offers more than just a full-service spa. The stunning high-end health and wellness concept is located in Montreal's upscale Westmount neighbourhood. Under one welcoming roof, clients can also enjoy a private health club and gym, hair and nail salon, gourmet café and top-notch medical spa. Throughout the space, custom furnishings in natural materials like wood and river rocks create a fresh, inviting vibe.

Yet design is only part of the formula here. With the goal of simplifying your life, the folks behind the luxury all-in-one concept have recruited top practitioners in each field, whether you hanker for a deep-tissue massage, Budokon class, or skin-tightening treatment. Since discretely opening last December, Victoria Park has quietly become a go-to address for quality health and wellness. Concierges can help you plan your experience.

The gym's personal trainers can guide you through a workout and introduce you to state-of-the-art training machines. Try a yoga or spinning class in one of the fitness "barns" with a view of the mountain. Locker rooms and lounges are equipped with steam, sauna and cold rooms. A chic little boutique sells exclusive cosmetics imported from Thailand and Switzerland, while a gourmet café and health food service can plan and prepare customized meals for your family. Finally, the medical spa's various treatments (including skin rejuvenation) are performed by the country's finest dermatologists and plastic surgeons. Fear not, after your treatment a private elevator will whisk you down to valet parking — unseen by the paparazzi! VicPark.com — Simona Rabinovitch

## DELUXE DARWIN DAYS

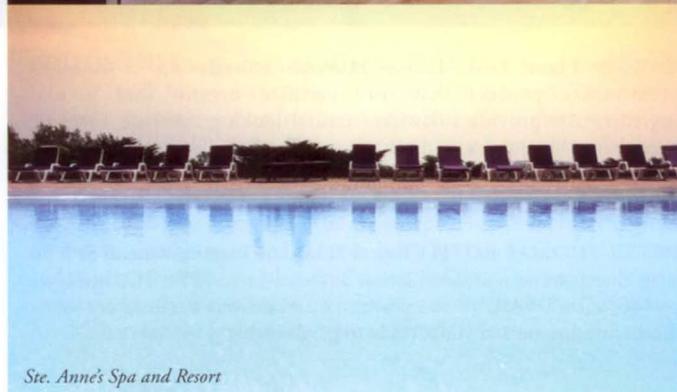
The Ste. Anne's Spa and Resort in Grafton, Ontario is a modernized 19<sup>th</sup>-century castle. Amongst the fieldstone grotto are saunas, a eucalyptus room, hammocks, a tennis court and swimming pool. Chef Christopher serves-up crab chowder soup and tandori tofu in the dining room, while spa treatments whirl along in the west wing. Summer specials includes a sugar-dipped grapefruit exfoliation and fresh orange foot soak. To really become Lady of the Manor, however, horses are available to break you down. In the Horse-2-Heart program, your stallion-schmoozing abilities are scrutinized by a coach. "If you come across as overly aggressive, a horse is not going to take that. So you then have to learn a more attractive way to get your message across," says Marijo Corcoran, director of marketing and special projects for Ste. Anne's Spa. "Passive people also have to learn." To avoid getting trampled, you gotta tame that beast — literally and figuratively. SteAnnes.com — Suzanne Wexler



*Ste. Anne's Spa and Resort*



*Victoria Park*



*Ste. Anne's Spa and Resort*