

In-Spa-ration

WHEN WE THINK OF SPAS, many of us think *pampering*. But even more than a special treat or rejuvenating retreat, a spa visit is an investment in your well-being. When your body and mind are in balance, energy and ideas flow. Leave the mad rush of the world behind for a moment and check out these great sources of inspiration.

The spa at **Delta Victoria Ocean Pointe Resort and Spa** (45 Songhees Road, Victoria, B.C., 250.360.5858, TF 1.800.575.8882, www.thespaatdeltavictoria.com) is a world-class European-inspired spa with 13 treatment rooms, a complete fitness facility with atrium-enclosed pool and whirlpool, sauna, ocean-view patios, racquetball and championship outdoor lit tennis courts. Enjoy amazing seascapes and some of the world's finest rejuvenation therapies and products, including ocean-inspired treatments and indigenous ingredients such as lavender and mud incorporated into



Harbour view from treatment room at Delta Victoria Ocean Pointe Resort and Spa (Delta Victoria Ocean Pointe Resort and Spa)

unique body wraps, facials and massages. For something unique, the *Arabian Aroma Soul Massage* (\$105) stimulates circulation with the help of cinnamon and ginger. The 90-minute *Deluxe Oasis Facial* (\$105) includes hot stone therapy and a hand and arm massage.

Willow Stream Spa at The Fairmont Empress (633 Humboldt Street, Victoria, B.C., 250.995.4650, TF 1.866.854.7444, www.willowstream.com) promises to help you "find your energy". Whether it's a dip in the thermal mineral pool, chilling out in the seasonally scented Aromatherapy steam room

or relaxing through the Jet Lag Recovery "Body Experience", you're sure to find refreshment. Among its many offerings, Willow Stream has a plethora of treatments geared to men's special needs. For the active man who likes to work up a sweat, there's the *Post Game Face Treatment* or a number of options in the Sports Inspired Experiences including the *Willow Stream Golf Facial*, intended to reduce the harmful effects of wind, sun and extreme temperatures. For the duration of the Titanic: The Artifact Exhibition at the Royal BC Museum, the Willow Stream is offering the *Titanic-Power*

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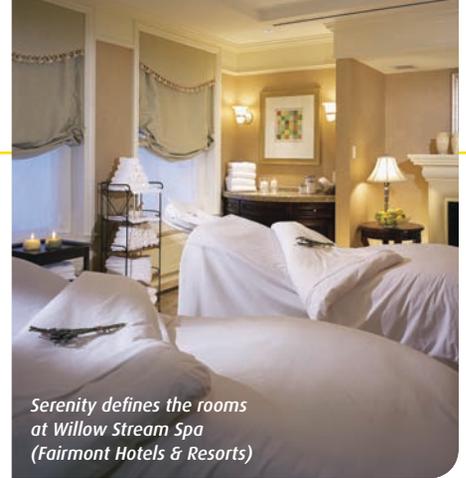
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of the Sea Thalasso Kur treatment designed to harness the healing powers of the sea. The treatment includes a mineral-rich body wrap, an acupressure facial massage and scalp massage, sea salt bath and Marine Firming Creame application. The package rate of \$209 includes the 90-minute Titanic spa treatment, one night accommodation, Titanic-themed chocolate amenity, \$50 food and beverage credit during your stay, and two tickets to the exhibition, running until October 14, 2007.

Wrap yourself in chocolate and lose weight? You heard it here first. *The Hot Chocolate*



Rejuvenate at the thermal mineral pool at Willow Stream Spa at the Fairmont Empress (Fairmont Hotels & Resorts)

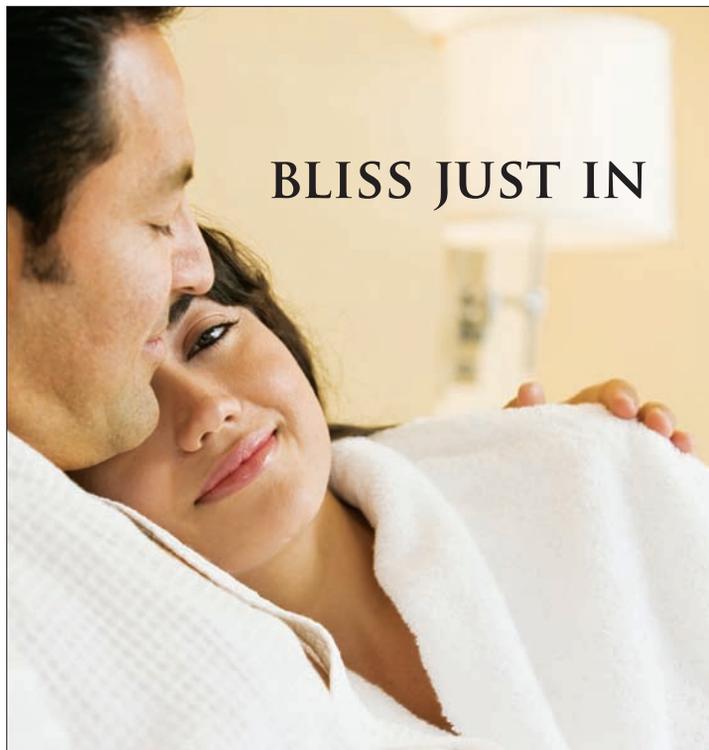


Serenity defines the rooms at Willow Stream Spa (Fairmont Hotels & Resorts)

Bliss treatment at **Spa Utopia & Salon at Pan Pacific, Vancouver** (1001-999 Canada Place, Vancouver, B.C., 604.641.1351, TF 1.866.700.9008) is a cocoa-rich mud wrap that increases your metabolism, helping you to lose pounds. Conveniently located at Vancouver Harbour, this professional, elegantly appointed spa and salon hosts a smorgasbord of therapies, treatments and styling opportunities. Share your spa experience with a companion in a private VIP suite, featuring your own private hostess, a double Jacuzzi, private fireplace, waterfall shower and your own dining area. Spend \$100 or more and get free parking. Spa packages range from \$150 to \$638 for treatments that last anywhere from 2 to 7 hours. —Belinda Bruce



Willow Stream Spa has a range of treatments for men and women (Fairmont Hotels & Resorts)



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