

On the Coast

Experience the Sapphire Day Spa (saphiredayspa.com), located in Victoria, where each client is greeted with a cup of herbal tea and treatments are rounded out with luxurious touches such as black velvet robes, highly skilled staff, and a light organic lunch.

Try the nutrient-and mineral-dense body wrap, made with hand-harvested seaweed from nearby Sooke, or treat your face to Eminence organic skin care products. For a longer spa visit, book a retreat package, with accommodation at the swish Oswego Boutique Hotel (oswegovictoria.com) overlooking James Bay.



GETTING THE MOST OUT OF YOUR SPA EXPERIENCE

1. Call first to find out whether the spa serves meals.
2. If it is your first visit to a spa, try their signature treatment; it's the one they do best.
3. Extend the benefits of your spa experience by being mindful and calm in all you do.

On the Prairies

When on the Prairies, sample a champagne and bubbly couple's retreat at Moosejaw's Temple Garden Mineral Spa Resort (templegardens.sk.ca), where warm geothermal mineral-rich waters from ancient seabeds are piped directly to a large rooftop pool.

You can swim and steam as often as you like at no extra cost. Or pop in for an hour-long gentleman's hot towel treatment, which includes a relaxing scalp and hand massage. Either way, enjoy a light lunch beforehand at Morningside's Café.

In Ontario

If you live in Toronto, book a treatment from Simple Spa (simplespa.ca)—a mobile spa service. This spa finds you, wherever you are, saving you commuting time. After treatment, feelings of regeneration and rejuvenation linger on, unmarred by the stresses of travel between spa and home.

If you want to feel fabulous after your visit, do your homework first and your spa experience will meet or exceed your expectations—even if you're only there for an hour. **a**

Pamela Irving is a lifestyle journalist who writes about all things green, from spa visits to local cuisine.

