



Luxeliving●●●

glow's top spas

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Spa on!

Whether it's a romantic getaway or detox treatment you're yearning for, find the top spas as chosen by *glow*. From coast to coast (and a few international favourites, too!) our online spa guide offers something for everyone.

British Columbia

Best destination spa
Tigh-na-mara Seaside Spa Resort
Vancouver Island, British Columbia

It's impossible to choose just one thing about Tigh-Na-Mara that makes it stand out as winner of the Best Destination Spa for 2009. Yes, it is the largest destination spa in B.C., is perched on the ocean's edge and is built among 22 acres of stunning cedar, arbutus and fir forests. Shouldn't that be enough? Sorta...until you take a peek inside the Grotto Spa, the showcase of which is a stunning 2,500-square-foot warm-water pool infused with natural minerals and trace elements. And then you think, OK, so maybe this is what makes it stand out as a fabulous place to unwind for a few days. Then you visit the Treetop Tapas & Grill and indulge in a feast of exquisitely prepared dishes with West Coast-inspired cuisine and you change your mind again. Sigh. Do you see now why it's so hard to choose just one thing?

It isn't until our treatment at the Grotto Spa that the stress and strain of a harsh winter truly melt away and leave us feeling completely rejuvenated. Our journey starts with a dip in the Grotto pool, which is brimming with minerals like sodium, potassium and carbonate and bromide, to name a few – they work together to reduce inflammation and joint and muscle pain and detoxify and nourish the body. Ah, we're really starting to uncoil now. Then we sign up for the Ocean Elements Seaweed Experience. Are you ready for this description? First, we undergo a gentle exfoliation; then we're cocooned in a thermal-layer wrap. To help pass the time, we get a facial. The journey rounds out with a seaweed-infused full-body massage – it's 90 minutes of nirvana. The seaweed is locally harvested and produced by Diane Bernard, known around these parts as "the seaweed lady." Her line, Seaflora, encompasses a wide range of lotions, gels and polishes – all of which are 100 percent natural and free of dyes, animal by-products and harsh preservatives. They feel divine and leave us silky smooth and so well hydrated that our skin looks younger than its years. We end our spa afternoon with an early dinner at the Treetop Grill (aptly named because we are literally perched among the treetops) – it feels like being in a very swishy treehouse. For dinner, we choose the Chef's Tour, which includes six tapas dishes that showcase local produce and meat. Like the restaurant itself, many of the dishes are layered skyward – beautiful! Sated, we saunter back through the firs to our oceanfront condo, watch the last of the day disappear and fall promptly and deeply to sleep. House by the sea, we hear you call our name – we'll be back again.

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