

Continued from page 118

## A holistic approach

You and a friend want a spa with alternative medicine, and beauty that comes from balancing body, mind and spirit.

SKIN  
HOLISTIC  
REJUVENATION  
CLINIC,  
VANCOUVER

This Yaletown destination applies a range of disciplines and techniques to treating skin conditions.

Anti-aging and rosacea treatments, for example, marry cosmetic acupuncture, LED light therapy and photo rejuvenation with nutritional and supplement recommendations, and Chinese herbal prescriptions. The centre uses made-in-B.C. Seaflora skincare products, which contain wild organic seaweed. 150-1152 Mainland St., 604-568-6333, [skinclinic.ca](http://skinclinic.ca).

THE SPA  
RITUAL,  
CALGARY

The décor sets the mood for Asian-inspired treatments, and tea rituals make this spa in Calgary's northwest a perfect choice for

a girlfriend's mini getaway. Try the 60- or 90-minute Royal Bamboo Massage; the massage therapist uses oiled bamboo instead of hands to penetrate deep into muscles. Thermo-therapy loungers, made from heated blocks of marble, detoxify and relieve stress via infrared therapy. 106 Crowfoot Terrace N.W., 403-547-9558, [thesparitual.com](http://thesparitual.com).

SACRED  
STONE SPA,  
TOFINO, B.C.

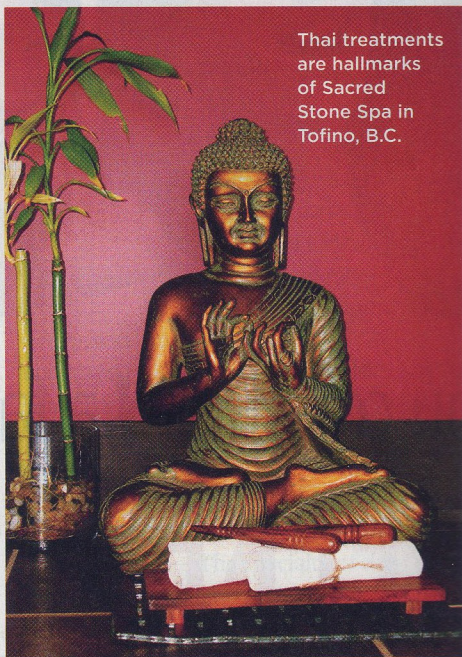
The Vancouver Island setting alone will regenerate your spirit—lush, forested mountains on one side and the open oceans of Clayo-

quot Sound on the other—but so will the menu of services, with its Thai treatments and massage inspired by Ayurveda (an ancient South Asian form of holistic medicine). Make time for the Thai Foot Massage as an add-on to a full-body massage. It targets acupressure points from your toes to your knees.

421 Main St., 250-725-3341, [sacredstone.ca](http://sacredstone.ca).

BALANCE  
INTEGRATED  
HEALTHCARE,  
TORONTO

Part alternative medical centre, part spa, this holistic spot in the downtown enclave of Liberty Village offers massage, acupunc-



Thai treatments are hallmarks of Sacred Stone Spa in Tofino, B.C.

ture, naturopathic and traditional Chinese medicine, psychotherapy and shamanic healing. Facials target specific ailments such as allergic or sensitive skin, and include diet and supplement recommendations. Massages like the Therapeutic Massage are tailored to ailments such as muscle spasms or chronic fatigue syndrome. It also offers Thai massage. 171 East Liberty St., Unit 110, 416-588-8282, [balanceih.com](http://balanceih.com).

SPA EAU VIVE,  
BATHURST,  
N.B.

This slice of heaven at Auberge de la Vallée utilizes its location near beautiful Chaleur Bay on the Gulf of St. Lawrence

and specializes in all forms of water therapy. Baths of mud, seaweed or chocolate incorporate reiki (the Japanese “energy medicine” technique using “healing hands” to treat the body and emotions), and the showers and accompanying steam room promote well-being through combined aroma, light and heat therapies. 1810 Vallée Lourdes Dr., 506-549-4100, [aubergedelavallee.ca](http://aubergedelavallee.ca). □

Note: Product prices vary widely; check with the spa of your choice.

BONUS

You may love spas, but what do men think about them? Find out at [besthealthmag.ca/oct2010](http://besthealthmag.ca/oct2010).