

Top 10 Spas in Canada

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There's no better way to relax than to get pampered at a spa. Whether trying to leave the stresses of everyday life behind for awhile or celebrating a special occasion with some friends, one of the many numerous spa treatments offered at some of [Canada's](#) best spas are bound to hit the spot and leave everyone feeling refreshed and renewed. From western to eastern Canada, the country is ripe with spas offering basic to specialty services, and everything in between. [Vancouver Island](#) is especially populated with spas and even features stretches of road known as the "[Spa Trail.](#)"

Several types of spas are available to suit various needs and individuals. Choosing the right type does not have to be a daunting task. Some of the choices include Resort/Hotel Spas, Destination Spas, Day Spas and Medical Spas.

For those seeking a self-contained vacation which includes a full-service spa, accommodations, dining and recreational activities that are all under one roof; Resort/Hotel Spas would be a traveller's best bet.

Destination Spas on the other hand place emphasis on giving spa goers quality treatments from basic to signature services. Many may also offer cuisine, fitness activities, educational classes and accommodations.

Day Spas are suitable for those looking to incorporate the spa experience into their everyday life without having to travel out of their hometown. It is also ideal for those on a budget or who require more flexibility in scheduling. Day Spas offer a wide array of services and many feature on-site hair salons.

Medical Spas are ideal for overall wellness and for preventative care. They also offer a variety of anti-aging treatments and may or may not offer accommodations.

From far and wide, here are examples of some of Canada's best spas offering everything from basics to supreme pampering. Bring on the bliss!

KINGFISHER SPA

[Courtenay, British Columbia](#) is home to the [Kingfisher Spa](#) located in the [Kingfisher Oceanside Resort](#). This spa is open to everyone, and spa services also include access to all of the spa's facilities. Whether going in for a simple manicure or pedicure, guests may feel free to use the outdoor heated pool or spend some time in the sauna, steam cave, fitness area or hot tub.

The spa offers several services such as facials, manicures and pedicures, massages and Thalassotherapy (a

healing therapy that uses natural iodine and sea mineral salts). The [Starfish Studio](#) offers a variety of yoga classes and is located on-site.

A unique feature at Kingfisher Spa is the Pacific Mist Hydropath. Re-creating a west coast shoreline complete with pools and sandstone sculpted caves. The path offers several hydrotherapy benefits such as remineralization and detoxification. While walking through the Hydropath, guests can expect to experience a massage rinse, the mineral massage pool, a waterfall massage, a steam cave, a glacial waterfall, a river walk, a sea mineral soak and tidal baths. One hour is required to follow the Hydropath.

WILLOW STREAM SPA

Surrounded by [Alberta's](#) majestic rocky mountains, [Willow Stream Spa](#) at [The Fairmont Banff Springs](#) is ideal for those seeking water therapies. The spa features a pulsating waterfall and is built around a mineral pool. Several hydrotherapy options are available such as the Thermal Mineral Bath, Thalasso Bath and Herbal Bath.

Willow Stream spa features an array of services for guests travelling alone, for couples and honeymooners. Some body treatments include the Revitalizer, which replenishes the skin's moisture balance and uses essential oils like ginger and lemongrass. For those feeling jet lagged upon arrival to the spa, the Jet Lag Recovery is a great way to get rid of all the negative effects of flying and time zone changes. Romance awaits newlyweds who receive the Hip Honeymooners treatment. Using rose petals and oil, couples will be treated to a side-by-side dry brush exfoliation, body and face massage and body wrap.

Other spa services include, facials, manicures and pedicures, Just For Men treatments and sport inspired services. The fresh mountain air and scenic beauty of the region coupled with the many treatments offered by the spa, allows guests the opportunity to rejuvenate mind, body and soul.



Banff's Majestic Rocky Mountains²

ANCIENT CEDARS SPA

Bordered by the ocean and an old growth forest on [Vancouver Island's](#) rugged coastline, [Ancient Cedars Spa](#) is located in the [Wickaninnish Inn](#). This [Tofino](#) spa and inn was designed to merge art, culture and nature, offering guests a rustic yet elegant experience. Ancient Cedars is an Aveda destination spa, using their products and their holistic principles of Ayurvedic medicine (the ancient Hindu art of medicine and prolonging life). The spa features an oceanfront patio and a fireplace-warmed lounge. All spa experiences begin in one of these two locations with a pre-treatment consultation and sensory journey with a spa therapist.

Several signature treatments are available at Ancient Cedars. The Rainforest Haven is a treatment space designed for the Lomilomi and Kahi Loa services. Traditionally used by Hawaiian shamans and healers, the unique Lomilomi treatment involves the wholeness of mind, body and spirit. Spa goers will experience passive movement, stretching and a rhythmic whole-body massage. The Kahi Loa is ideal for the first time spa goer since it is a physically conservative treatment using light touch, guided imagery and chanting.

Ancient Cedars is also known for their comforting hot stone massages and facials using velvet textured oiled stones, heated basalt stones and cool marble stones. They also offer accupressure treatments.

STILLWATER – A HYATT SPA

Located in the [Park Hyatt Toronto](#), Stillwater Spa features 17 treatment rooms, a couple's massage room, an aqua therapy room, a tea lounge, a steam room, a sauna and whirlpool and a fitness centre. This is the ideal place to escape [Toronto's](#) urban jungle and retreat to a tranquil oasis.

Several massage treatments are offered here including, their Signature Stillwater Massage, enhanced with warm foot booties and heated neck and eye pillows. Another signature treatment is the Mother-to-be Pregnancy Massage, which aims to reduce the discomfort women may feel during pregnancy due to the changes their bodies are going through. The most gentle form of massage, Reiki is also offered. Many skin and facial services

are also available such as the Stillwater Facial using Q10 or Vitamin C, the Urban Elemental Facial using clinical oatmeal, the CEO Facial designed for the urban man, and Ki, which makes use of white lotus, bamboo leaf, ginger flower and rice.



A Relaxing Massage³

Guests may also de-stress with one of Stillwater's many body treatments. The Sensual Rice Steam Wrap uses moisturizing rice steam white oil mist, leaving the body feeling luxurious and relaxed. Fans of aromatherapy will enjoy the Aroma Blanket Body Wrap using essential oils like melissa, lavender and orange, while those seeking an organic experience might want to try the spa's Organic Body Glows. This treatment exfoliates the skin from head to toe with essential oils, honey and French sea salts followed by a full body moisturizing creme.

Salon services are also available at the spa and go beyond hair cutting and colouring. The hair treatments offered are designed to nourish, moisturize and restore balance to the hair.

SPA UTOPIA

[Spa Utopia](#) is a day spa located in [North Vancouver](#), BC and offers a wide range of services which include massage, bodywork, hydrotherapy, facial and skin treatments, men's grooming and hair care services.

A definite treat at this spa is the VIP suites. Go with a significant other and enjoy in private a waterfall shower, a double Jacuzzi, a fireplace and a dining area. Guests of the VIP suites will also have their own private

hostess. This would be a great alternative to the usual dinner and a movie. Health and wellness seminars are given by Spa Utopia, which focus on the most current and relevant information. Several spa packages are also available and combine some of their most popular treatments. Other Spa Utopia locations include cruise ship level of the Pan Pacific and [Langley](#), BC.

STE. ANNE'S SPA

This spa is not found in a typical modern building but rather, [Ste. Anne's Spa](#) is found in a 19th century fieldstone manor house in [Grafton, Ontario](#) overlooking [Lake Ontario](#). Evoking an old world atmosphere, the spa features day services as well as accommodations for overnight guests. The lodgings are spread out over 202.34 ha (500 acres) of scenic countryside and includes the Main Inn and the Spa Cottages.

Several hydrotherapy services are offered at Ste. Anne's such as the Caribbean Aqua Therapy, which features ingredients from the [Caribbean](#) and ends with a warm Vichy shower and a full body application of therapy cream. The Moor Mud Hydro Wrap involves being submersed in a hydrotherapy tub containing Golden Moor and pine oil. The Fieldstone Grotto is the spa's outdoor hydrotherapy facility featuring a hot tub, a plunge pool and a lap pool.

No spa experience would be complete without a massage and Ste. Anne's offers numerous options like Swedish, sports and Shiatsu massage. Facials for both men and women are also available. The spa exclusively uses AVEDA products for all of its treatments.

Guests may also enjoy the Eucalyptus Steam Room, which is great for aiding those with respiratory symptoms. Ste. Anne's also has walking trails that are ideal for getting some fresh air and gazing at the property's scenic beauty, rich in natural diversity and geography.

AQUATERRE SPA

[Nanose Bay](#) on [Vancouver Island](#) is home to [AquaTerre Spa](#) and is situated at the [Pacific Shores Resort](#). The waterfront property features botanical gardens and outdoor ponds.

A full range of treatments are available at AquaTerre Spa, everything from hydrotherapy to massages and body scrubs to manicures. The spa is family friendly and offers services



Vancouver Island Shoreline⁴

geared toward teens, men and women. Yoga lessons are also available.

What really makes this spa stand out is its decadent chocolate treatments. With its sweet comforting aroma and bliss inducing taste, many people, especially women find chocolate hard to resist. Researchers have found that chocolate triggers the release of chemicals in the brain that is reminiscent to the first feelings of falling in love. Not only does chocolate leave people feeling good on the inside but the outside will also benefit from the more than 300 different compounds found in it. For those who feel guilty indulging in this sweet treat, AquaTerre's chocolate treatments will provide the way to enjoying it, guilt free. Try it in a massage, body scrub or body wrap. Chocolatey bliss!

BEYOND WRAPTURE SILVER STAR

Beyond Wrapture can be found at the picturesque **Silver Star Resort** on **Silver Star Mountain**, BC. Known for its exceptional skiing in the winter and hiking and biking in the summer, a stop at this day spa would be the perfect way to end an activity packed vacation.

Wine lovers will enjoy Beyond Wrapture's signature vinotherapy treatments. This type of therapy has been proven to be beneficial to the skin with research showing that grape seeds, stems and skins contain polyphenols, a type of antioxidant, which are significantly stronger and more healing than vitamin E.

Some vinotherapy treatments offered by the spa include the Red or White Wine Vinotherapy Massage and Timeless Eternity, which is a three hour session using **Okanagan** grape pip scrub, honey wine and red or white wine.



SPA EASTMAN

Located in downtown **Montreal, Quebec**, with other locations in **Eastman** and Ile des Soeurs, QC, this spa has been a pioneer in the spa-vacation concept and are known for being one of the very first destination spas in **Canada**.

Spa Eastman Montreal features 12 treatment rooms and offers a wide range of services from body to beauty treatments. A unique treatment called Pressotherapy requires spa goers to comfortably rest on a couch while slipping into some inflatable boots that are then activated by a pneumatic compressor. Air is then pushed into the boots which stimulates blood and lymph circulation to the feet. This treatment drains toxins from the body and guests will walk away with the feeling of having light legs. Those suffering from arthritis or muscular pain should try the relaxing Miracle Mineral for hands and feet which uses a mineral paste that gradually warms up and then soothes aches and pains.

Signature treatments at Spa Eastman include the Tje Mineral

Many Spas Offer Services for Men⁵
Miracle for the back, the Eastman Quartet which is a four-handed massage, The Stone Massage and last but not least, their Body Exfoliation, Body Wrap and Therapeutic Bath combination. The spa also offers corporate on-site chair massages and For Men Only services.

SPA EUROPA

Spa goers will be transported back in time to the rich colours and textures of ancient **Rome** at **Spa Europa**. Situated in **Calgary, Alberta**, this is an upscale luxury spa and anti-aging centre. The on-site boutique features many exclusive products imported from the Dead Sea in Israel and contains a wealth of minerals and vitamins known for their healing and cleansing properties.

Spa Europa has plenty of aesthetic services including microdermabrasion and glycolic acid peels. Permanent make-up services are also available. A great treat for those feeling stressed out is the Floral Bath which exudes a luscious petal-infused aroma. The Milk Bath is another soothing option



Medical Spa Laser Treatment⁶

involving lactic acid to remove dead skin cells.

Several anti-aging services are available such as the Turkish Hammam Treatment. Ideal for refreshing and purifying mind, body and soul, this treatment was made famous during the Byzantine and Roman periods. The approximately three hour and a half, one-of-a-kind service features head-to-toe exfoliations, aromatherapy steam sessions, hot and cold treatments and Swedish massage. Hair shampoo and condition, scalp massages, full body moisturizing application and an elegant luncheon ends this blissful treatment.

PHOTOS COURTESY OF:

1. *Spa Stones, Canada*
2. *Rocky Mountains; Banff, Alberta, Canada*
3. *Relaxing Massage, Canada*
4. *Vancouver Island, British Columbia, Canada*
5. *Man at the Spa, Canada*
6. *Medical Spa Laser Treatment, Canada*