

# 8 Habits of Highly Pampered People

Eight new Western spas have all your bases covered: at urban hideaways and pastoral getaways, try everything from manscaping to manicures, a quickie facial to a week long wellness cure. BY CHARLENE ROOKE

## MAN SHAVE IN A MAN CAVE Victory Barber & Brand, Victoria

A moose, not a candy-striped pole, is the symbol of this new-generation barbershop that opened in the tony downtown Atrium building in June. The folks behind nearby Lab Salon are putting the man back in manicure. "Our goal is to restore the classic masculinity of being well-groomed, which sadly seems to have been relegated to high maintenance metrosexual types," says Victory's Matthew Conrad. Settle into one of eight restored vintage barber chairs for a haircut, shave or a facial, billed as both the Victory Treatment (\$35) and the ultimate hangover cure. Plus, find the best men's grooming goop from around the globe.

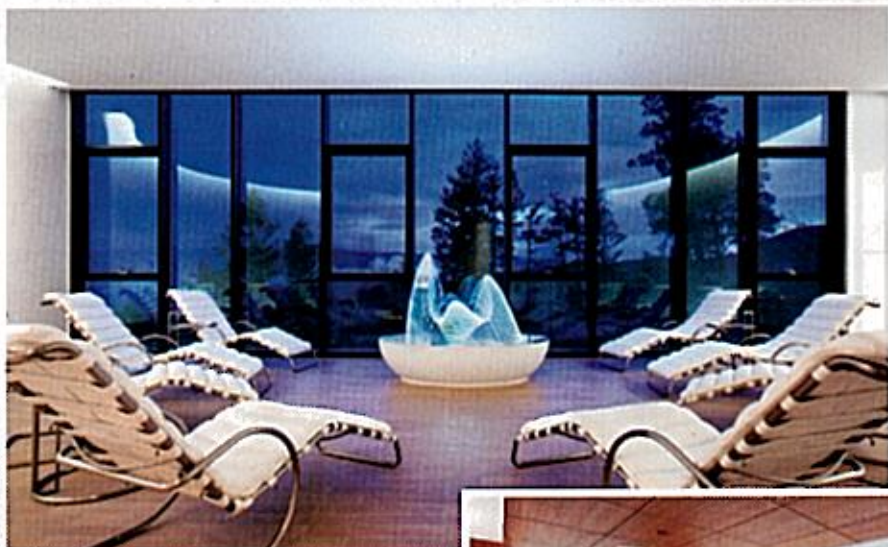
**TOP TREATMENT** The Victory Wet Shave, complete with sandalwood-infused hot towels and straight-razor smoothness (\$35).

1315 Blanshard St., Victoria,  
250-381-1522, victorybarbers.com

## SHIP SHAPE C Spa, BC Ferries Swartz Bay to Tsawwassen route

Taking its cue from luxe cruiseships, BC Ferries has floating spas on the *Spirit of British Columbia* and *Spirit of Vancouver Island* (9 and 11 a.m. and 1 and 3 p.m. sailings from Thursday to Monday). It's first-come, first-served and cash only, so make your (orderly) way to the tour operator's desk on Deck 5 to book an appointment, then head up to the sixth for manicures,

**CLOCKWISE  
FROM TOP:**  
Sparkling Hill tea  
Room; a treat-  
ment room at  
Fairmont Pacific  
Rim; outdoor fun  
at Scandinave.



pedicures and chair massages from the experts behind the mobile Catalyst Sport Massage services.

**TOP TREATMENT** C French Mani—not to be confused with the C MANI, for men—with a massage add-on (\$35 and \$20).  
604-971-2098, c-spa.ca

## THIRD EYE OPEN Ashram Spa by Therapy Ayurveda at Nita Lake Lodge, Whistler

The quiet, wooded calm of a creekside boutique hotel is an unexpected place for

South Asian wellness to come alive, but an Ayurvedic doctor, yoga and even vegan and vegetarian cuisine at Aura restaurant make for a fully rounded weekend spa getaway. Owner Ram Tumuluri brought his expertise from India (as the proprietor of 50 Therapy Ayurveda spas)—plus authentic herbs, extracts and infused oils—to Whistler last year. You'll find conventional manicures, facials and massages here too, but this is the place to try a kizhi detoxing herbal-compress massage or the swedana aromatic steam chest.

**TOP TREATMENT** Abyhangam and shirodhara: an Ayurvedic rubdown for the body followed by a steady stream of warm oil on your forehead (\$215, with two therapists). 2131 Lake Placid Rd., Whistler, 604-966-5715, nitalakelodge.com

### FULL-SCALE RETREAT Willow Stream Spa at the Fairmont Pacific Rim, Vancouver

Fairmont has no fewer than four hotels in the Vancouver area, but the newest boasts the region's only Willow Stream Spa, the hotel group's own signature spa brand. From its fifth-floor oceanside perch, the spa naturally focuses on restoring energy and complementing Vancouver's outdoorsy lifestyle. A fitness centre, a yoga studio and a couple's room with a deep Japanese soaker tub, plus a steam room, massaging shower, spa lounge and outdoor hot-tub deck make this a place to spend a whole day.

**TOP TREATMENT** The Van Active series: either a cooling lavender and menthol Leg and Foot Recovery massage for runners (\$139) or the Grind, a restorative massage

meant to follow the North Shore's punishing Grouse Grind (from \$149). 1038 Canada Pl., Vancouver, 604-695-5300 or 877-900-5350, willowstream.com

### PORE IT ON Skoah, North Vancouver

This smart Vancouver-born skin-care philosophy has reached the North Shore (plus Calgary, Boston and soon the rest of the world?). Founders Chris and Andrea Scott take all the fuss and mystery out of facials with a "fit skin" concept for the gym generation and sleek modern locations that suit men and women alike. The house-brand skin-care line is no-nonsense natural and scientific, with effective ingredients like alpha-hydroxy acid in the AHA Mask and ginkgo biloba extract and echinacea in the miracle-working Skin Boost Serum. Skoah locations also sell Chiiki Munki makeup and Skoah Hair Kare.

**TOP TREATMENT** Facialicious includes a customized skin workout (complete with cleansing, exfoliation, extractions and a masque) to suit your skin type, plus a

relaxing massage (\$100). 208 50 Lonsdale Ave., North Vancouver, 604-988-1222, skoah.com

### CIRCUIT TRAINING Scandinave, Whistler

For years the Tremblant location was the weekend-hangover cure of in-the-know Montrealers; now Whistler has its own indoor outdoor, hot cold, year-round circuit of hot pools, eucalyptus steam room, Finnish sauna, cool baths and cold waterfall plunges. Not just an endorphin shock to your system, the circuit is said to dilate blood vessels and increase blood flow to the skin as it warms and detoxes you, then tone and close pores as your skin cools. Bonus: the entire place is built on sustainable (green roof, solar heating, reusable stainless steel water bottles) principles.

**TOP TREATMENT** The circuit (normally \$58 for a day) is included with any spa package; go for the Swedish Package (\$135), and add robe rental and a smoothie (\$17).

8010 Mons Rd., Whistler, 604-935-2424, scandinavewhistler.com



**SHOWROOM:**  
#110 - 6391 Westminster Highway, Richmond  
604-668-8100  
www.citationkitchens.com  
Open Mon - Fri 9am - 5pm & Sat 10am - 4pm