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## In Quebec, the trend is family friendly

### Spas pamper both old and young

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Freelance

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Children love the spa experience, said Sylvie Lessard, spa director at Le Manoir Lac William, a family destination at the foothills of the Appalachian Mountains. "Teenagers particularly like to learn how to take care of their skin."

Lessard, who also is a nurse, cites another benefit: "The children learn how to relax and the parents can stop worrying, too."

Spas throughout Quebec keep up with global advances in using natural products in body and beauty treatments and adapting both modern and ancient wellness techniques. One of the latest trends is treatments for young people, which add another dimension to family getaways.

Le Manoir is a lakeside resort near Plessisville, about a two-hour drive east of Montreal in the Centre du Québec tourist region. Set on the shore of Lac William, beside a maple forest, the resort has 35 hotel-style rooms and suites and a French-cuisine dining room. It offers outdoor sports including cross-country skiing, skating, snowshoeing and downhill skiing or boarding at nearby tiny Mont Apic.

The spa at Lac William specializes in treatments with natural products. Lessard's favourites for children are massages and back scrubs with grapeseed or maple extracts. The spa also uses goat's milk for babies' skin and shows parents how to give a massage to their children. Little girls adore the mini-manicure and mini-pedicure and makeup lessons. Teens also like to pamper hands and feet, but they favour facials and hair treatments.

Le Manoir Lac William, 800-428-9188, [www.manoirdulac.com](http://www.manoirdulac.com). Take Highway 20 east, and Exit 228 to Route 165 and St. Ferdinand. Price with lodging, breakfast, dinner, most snow sports and spa facilities, but no spa treatments, is \$218 to \$349 per night for a family of four.

Another Quebec spa that caters to young people and their parents is Menthe Fraicheur Atmosphere & Spa, a day spa in Coaticook in the Eastern Townships. Menthe Fraicheur specializes in treatments using mint extracts and other herbs grown on the property. It also has an exceptional array of treatments that parents and children can enjoy together, like dual massages or salt baths. It operates in the historic Coaticook train station and recommends lodging nearby. Details: 866-949-3256, [www.menthefraicheur.com](http://www.menthefraicheur.com).

Le Baluchon, a huge spa and sport resort in Mauricie about 90 minutes northeast of Montreal, also is family friendly. It offers 30-minute massages for young people. For adults, it has a wide range of services ranging from anti-stress massage to back care, as well as facilities like an indoor pool, a sauna, steam room, fitness room and 22 treatment rooms. Le Baluchon shines when it comes to outdoor activities, including skating on a frozen river, cross-country skiing, snowshoeing, horse-drawn sleigh rides and dogsledding. Details: 800-789-5968, 819-268-2555, [www.baluchon.com](http://www.baluchon.com).

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