

## ...green spa

### 889 YONGE, TORONTO

At first glance, you wouldn't figure 889 Yonge for an über-green spa: It doesn't have that stereotypical granola look, and the strong scent of patchouli doesn't drift through the air. Rather, its sleek and stylish decor seems inspired by the pages of an upscale interior-design magazine. Sisters and co-founders Christine and Emily Russell meticulously researched and designed the integrated centre, which offers services such as yoga, holistic spa treatments and naturopathic medicine, so that literally every element – from the candles in the treatment rooms to

the organic-cotton spa robes and towels – is earth-friendly and chemical- and toxin-free. Says Emily: "Everything we do has the interest of healing the client from the inside out and leaving a lighter footprint on the planet."

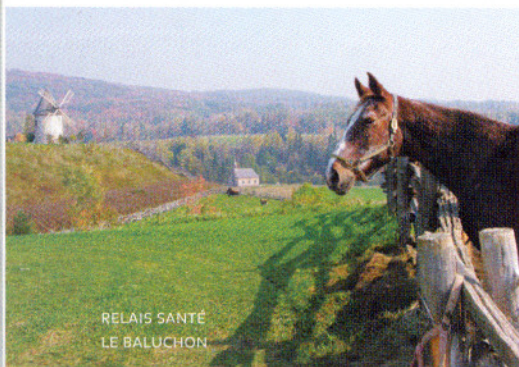
889yonge.com

## ...local flavour

RELAIS SANTÉ LE BALUCHON  
AUBERGE LE BALUCHON  
SAINT-PAULIN, QUE.

From the moment you drive up to the manor-inspired buildings of Auberge Le Baluchon, it's clear: This is French-Canadian country. The inn champions local, seasonal, sustain-





RELAIS SANTÉ  
LE BALUCHON

able goodies in every corner, from the full-service spa to the dining-room table. Try the newly launched signature cherry treatment (which uses fruit from nearby trees), and ease your feet into slippers made of buckwheat grown in a nearby village. After that, sit down to fine French-Canadian cuisine, hosted by the charming and gregarious Monsieur Luc, the maître d' whose style and sense of humour make him as popular with guests as the food.  
[baluchon.com](http://baluchon.com)

## ...anti-aging facial

### THE SPA AT THE OLD MILL TORONTO

Prepare to be plumped, firmed and hydrated with the Cell Shock Facial by Swiss Line, a high-end cosmeceutical line made with botanical ingredients. Extras include hand and arm massages and intensely moisturizing eye and lip masks. But what makes this facial different from others is the double mask: The first one moisturizes and plumps the skin with vitamin C, while the second – a warm plaster that hardens like a cast – is applied over an active cell renewal cream to ensure that it penetrates deeply into the skin. "Clients love to see the healthy glow and plumped-up results immediately," says spa director Christina McDougall.  
[oldmilltoronto.com](http://oldmilltoronto.com)

## ...pregnancy pampering

### CLARINS SKIN SPA, TORONTO

Clarins may not fit the traditional spa mould, but that's a good thing. It's cool and quiet, with slick red-and-white decor instead of earth tones and chirping crickets. And, much as one would expect from the French line, the treatments – particularly the Blissful Beginnings Body Treat – are tremendously effective. It begins with a sea salt and lavender flower exfoliation, followed by a leisurely shower and full-body massage focusing on the legs, bum, belly and bust. "Pregnancy isn't a time to worry about weight or cellulite," says coordinator and trainer Régine Perron. "This treatment is designed to help maintain elasticity in the skin as the woman grows to prevent stretch marks and water retention, gently stimulate circulation and relieve muscle and mental fatigue."  
[int.clarins.net/institut/soins](http://int.clarins.net/institut/soins)

## ...innovation

### SUSURRUS SPA, POETS COVE RESORT & SPA, PENDER ISLAND, B.C.

Yes, it's a facial – but with a twist. The Susurrus Fanny Facial treats the oft-ignored skin on your derrière. "We took this treatment off the menu for a short time, but the response from clients was so overwhelming that we've reintroduced it permanently," says spa manager Hayley Conway. As with traditional facials, this 45-minute service includes cleansing, exfoliating, a mask and moisturizing. One cheek is always draped with a towel so that you never feel too exposed. The results feel so good, you'll want to rush out and buy a thong.  
[poetscove.com](http://poetscove.com)

## homegrown heroes

### Teye International

A Canadian line developed for Oasis Wellness Centre & Spa in Calgary and Toronto, it comprises three collections for skin, body and face (make-up). The gentle, plant-based products use pure botanicals and non-synthetic essential oils, vitamins, minerals and enzymes; the mineral makeup, which is talc- and mineral-oil-free, promises to enhance and protect skin (minerals offer non-chemical sun-blocking potential) and reduce irritation.

### Euoko

Born and made in Toronto, Euoko recently made its Canadian debut at Hammam Spa. The line targets five concerns – lightening, blemishes, radiance, protection and aging – with products ranging from masks to cleansers, each with its own scent and slick, minimalist container.



for our all-time favourite 30-plus spa picks, visit [glow.ca/spaguide](http://glow.ca/spaguide)