

The secret to a truly memorable esthetic experience can be found in many of Calgary's local spas and shops.

BY CAITLIN BEST

The Real Royal Treatment

The Tried & True Classics

RNR WELLNESS (3)

Being poolside is a rare thing in Calgary, which is why the RnR Wellness Spa in the Fairmont Palliser should be on everyone's radar. Spa treatments include complimentary valet parking service. Get into your comfort zone with a fireside massage, followed up with a leisurely swim in the heated indoor pool. To cap off your superlative stay, spend a few minutes in the eucalyptus steam room or dine poolside and order off the poolside menu. 133 - 9 Ave SW, 403-244-9290, rnrwellness.com

STILLWATER SPA (9)

The Stillwater Spa is located on the second floor of the Hyatt Regency hotel and regularly plays host to wedding parties and working professionals needing a little pre-marital and post-work pampering. The dimly lit lounge, with sofas and an impressive aquarium, is the ideal place for ordering a gourmet snack while you start to unwind. After you reward yourself with

an H2O scrub—designed to offer your skin salvation from the dry climate—you can recline in a plush white robe in the peaceful Serenity Room or soak it up in the whirlpool—just don't forget to bring your bathing suit. 700 Centre St SE, 403-537-4474, calgary.hyatt.com

TEMPLE MOUNTAIN SPA (4)

If your definition of relaxation involves high-altitude trekking or chasing powder, there's a spa just for you at home base. The Post Hotel is a two hour drive from Calgary in the ski resort town of Lake Louise and is internationally renowned for five-star amenities. Those in search of a zen-like state after outdoorsy adventures should book the Thai Stem Massage—an absolute staff favourite. This signature 90-minute service will take you to nirvana as you're treated to an herbal massage infused with lemongrass tea and a gentle stretch. 200 Pipestone Rd, Lake Louise, 403-522-3989, posthotel.com/lake-louise-spa

New-Age Alternatives

FRESH LAUNDRY (7)

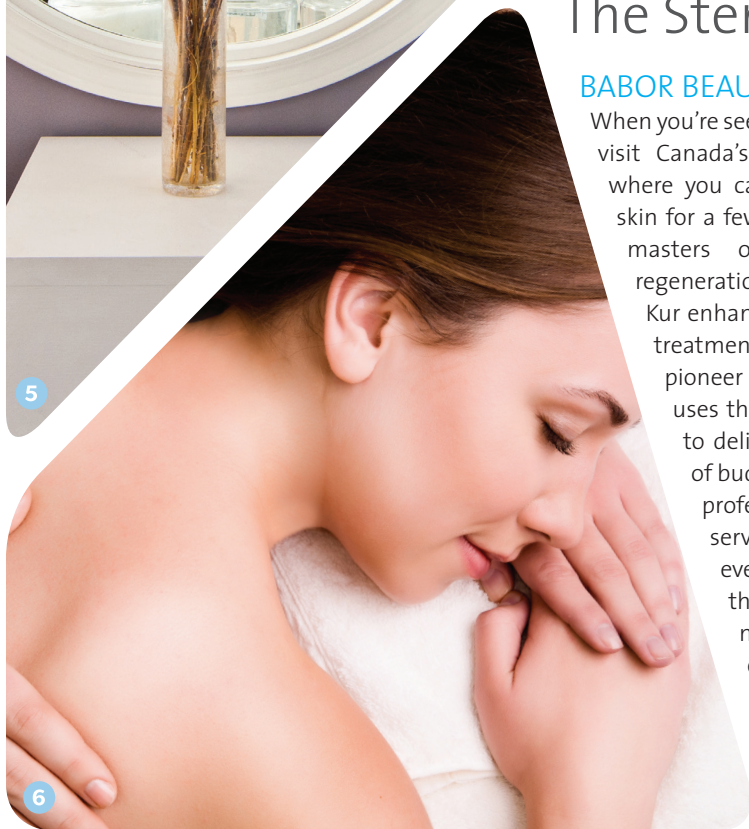
This health and beauty shop that offers its own special brand of retail therapy. The purposefully minimalist boutique has been curated with rare product offerings that are hard to find elsewhere in Canada. Jetsetters who want the best of beauty on the road will love the unisex L:A Bruket travel kits, made with natural ingredients from Sweden's land and sea, stocked with soap, shampoo, conditioner, and body lotion. The superb hand creams from Melbourne's Aesop line or the fragrant balms from Grown Alchemist are also worth a sample. 1216 - 9 Ave SE, 403-475-7515, freshlaundry.com

INNER BALANCE SPA (5)

People who love alternative treatments but crave a less clinical setting will be pleased to know that Kensington's Inner Balance offers the best of both worlds. Receive reiki and reflexology in the most subdued of spaces, or sweat it out in the individual infrared sauna. For the ultimate relaxation, the Raindrop Therapy session comes with an aromatic medley of nine essential oils that are gently massaged into your aches and pains to boost immunity and leave you feeling rejuvenated. 101, 424 - 10 St NW, 403-670-6721, innerbalancespa.com



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NEAL'S YARD REMEDIES

This London-based retailer has raised the bar for organic and ethical beauty products worldwide. Their only Canadian stores are in Calgary and stock a coveted selection of products with a spa area in the back for unique services—including the Chinese facial. With the use of small glass cups, a practitioner trained in the rituals of Traditional Chinese Medicine carries out each facial that leaves skin feeling increasingly radiant throughout the day. Praised for also alleviating poor posture, acne, and headaches, the 60-minute treatment includes an organic facial mask, moisturizer, and acupuncture as the cherry on top. I highly recommend it. 130, 2207 - 4 St SW, 403-460-8400; 100 Anderson Rd SE, 403-271-7670, nealsyardremedies.ca

SANDPEARL MOBILE SPA (6)

The mother and daughter duo behind Sandpearl has created a wonderfully convenient mobile spa service that brings relaxation right to your room. Inspired by pristine locations around the world, the team offers relaxation to office workers and spa seekers by artfully transforming personal residences, meeting rooms, and hotel rooms into a personal Shangri-la. "Our mission is to remind busy Calgarians that taking a mind and body break is essential in maintaining a healthy lifestyle," says Omaet Velasco. When you're in the mood for some me-time, the Fiji Escape massage is perfect to unwind, zone out, and relax as it can channel the tropics on even the coldest of Calgary days. 403-612-7045, sandpearlspa.com

The Sterling Service

BABOR BEAUTY SPA (1)

When you're seeking the crème de la crème, visit Canada's only BABOR Beauty Spa where you can spoil yourself and your skin for a few hours with the European masters of total relaxation and regeneration. From the Sensational Eye Kur enhancement to the SeaCreation treatment, this German institute is a pioneer in skin care treatments and uses the finest natural ingredients to deliver real results for a range of budgets. A knowledgeable skin professional with a magic touch services each appointment, and everything is tailored to match the client's personal beauty needs and skin type, making each visit slightly unique. After a blissful treatment, request a make-up application with the au-natural in-house line of products. You'll



feel simply stunning! 2500 - 4 St SW, 403-474-213, baborbeautyspacalgary.com

BEST OF 7 BARBERS (2)

For gents in search of a shave that's a cut above the rest, Best of 7 Barbers is your one stop shop for grooming and game highlights. Clients frequent this spot on a regular basis for the classic old-school shave. Check your coat—walk-ins and reservations are accepted—then relax with a shampoo, scalp massage, and hot towel. For the full perks, ask about the exclusive, secret Empire Society private barber room. With the look and feel of a barbershop circa 1929—"the time when personal services were at their peak," says owner Geoff Best—this special one-seat room in the back features a 113 year-old barber chair for a custom experience. Bow Valley Square, 255 - 5 Ave SW, 403-457-2637, bestofsevenbarbers.com

SANTÉ SPA (8)

You'll find Santé Spa on the top floor of the chic Hotel Le Germain. As the elevator doors open, you're transported into a sublime urban sanctuary where a VIP experience awaits you in the hands of an internationally accredited team. Connect with a couple's massage, come for the best express aesthetics in downtown Calgary, or treat yourself to a luxurious Revitalize Facial in a quiet achromatic room far from the hustle and bustle of downtown. Each glorious 90-minute skin regime will leave you with that Gwyneth-worthy glow and starts with a custom selection of your favourite aroma and the most indulgent of hot towel foot massages. On your way out, make sure to peruse the product line. 899 Centre St SW, 403-930-5959, germain.santespa.com **E**

