



## Indulgence For All

The gender wars are over, at least as far as beauty and relaxation treatments are concerned—these spas and salons offer comfortable atmospheres, knowledgeable stylists and aestheticians, and a range of treatments for both men and women

BY BREANNA MROCZEK



## Sip and Savour

Come for a cut, stay for a drink. Cannibale in Bridgeland shakes up creative cocktails in the lounge next to its salon, while Johnny's Barber and Shop is steps away from plenty of beers at Last Best Brewing and Distilling. Both places offer gents a retreat while they get a haircut, beard trim and/or hot shave. 813 - 1 Ave NE, 403-454-5808, [cannibale.ca](http://cannibale.ca); 607 - 11 Ave SW, 403-671-2016, [johnnysbarberandshop.com](http://johnnysbarberandshop.com)

Enjoy a cozy latte or pot of tea while indulging in a treatment at Esme Beautiful or Distilled Beauty Bar and Social House (Distilled also pours wine, beer, bubbly and cocktails if you need something stronger). Both salons offer nail treatments, facials, waxing and makeup applications. Distilled can also take care of cuts, colour and styling for your 'do, while Esme has spray tans and lash lifts. 825 - 17 Ave, 403-264-5255, [esmebeautiful.com](http://esmebeautiful.com); 2408 - 34 Ave SW, 403-685-0119, [distilledbeautybar.com](http://distilledbeautybar.com)

### REST AND RELAX

When you're looking to melt your cares away, the Stillwater Spa is the place to go. Their luxurious amenities ensure you'll feel pampered from the time you slip into a robe and snack on a healthy homemade granola bar, to when you reapply your makeup and fix your hair at the well-stocked vanity following a treatment. Their service menu is full of all the body treatment necessities, from massages to body wraps. Short on time? Fit a sport manicure or facial in between meetings with their express services. Hyatt Regency Calgary, 700 Centre St, 403-537-4474, [www.hyatt.com](http://www.hyatt.com)

### HEAD TO TOE BEAUTY

No cuts, just coils—Butter Beauty Parlour is a chic space for beautifying before a big event. The stylists offer blowouts and hair styling services for your tresses, manis and pedis with everything from nude polish to nail art, waxing and a variety of makeup applications. 2429 - 4 St or Bankers Hall, 315 - 8 Ave, 587-393-6714, [butterbeautyparlour.com](http://butterbeautyparlour.com)

### OUTER GLOW

If you're looking for a total skin makeover without any surgery or downtime, see the pros at XO Treatment Room or Hello Gorgeous Skinlab. Tighten, brighten and refresh with facials, peels and laser treatments for men and women, customized to your unique features with noticeable results for your complexion. 1306 - 1 St SW, 403-475-3088, [xotreatmentroom.com](http://xotreatmentroom.com); 2507 - 14 St, 403-801-3939, [hellogorgeousskinlab.com](http://hellogorgeousskinlab.com)

### SPORT AND SPA

Feel good inside and out by mixing in a workout with your spa service. Head to RnR Wellness to use their locker rooms, fitness centre and—at the Fairmont location—the heated pool, then reward your fitness regime with a spa treatment. There are versatile treatments for men and women including massages, dry brush body scrubs (one of the biggest trends in skincare), and facials. Fairmont Palliser Hotel: 133 - 9 Ave SW, 403-244-9290. Le Germain Hotel: 899 Centre St SW, 403-930-5959. [rnrwellness.com](http://rnrwellness.com)

### RELAXING REMEDIES

Looking to detox with some more natural methods? Head to Inner Balance Spa to relax in the aromatic steam room or infrared sauna—they're known to help with pain relief, skin conditions and circulation. If your skin needs a quick pick-me-up without the downtime, indulge in a body scrub or facial. 424 - 10 St, 403-670-6721, [www.innerbalancespa.com](http://www.innerbalancespa.com) ■

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RnR Wellness at  
Le Germain Hotel;  
Inner Balance Spa;  
XO Treatment Room.