

gLOW

CANADA'S
best
spas

EAT
WITHOUT
GUILT

*BREAKUP
SURVIVAL GUIDE

SLOW DOWN
AGING

innovative treatment

VIDA WELLNESS SPA
SHERATON VANCOUVER
WALL CENTRE HOTEL
1088 BURRARD STREET
VANCOUVER

By the time I get to Vancouver's Vida Well-ness Spa, I'm frazzled – the heat wave that has been hanging over the city has left me

PERF SKI

- smoother
- brighter
- fresher



feeling drained and tired. But during my year of spa-ing, here's what I've noticed: Inexperienced staff tend to reflect clients harried state; the real pros know how to deflect it. Big difference! Such is the case when I push through the doors at Vida. The attitude and environment are serene, instantly relaxing me. I am ushered into a sanctuary of calm – a soothing, spacious and chic space where soft music plays and pitchers of cucumber water wait patiently to be emptied. I sign up for the Ancient Thai Massage, knowing nothing about it but wondering what took me so long to discover it. The treatment – sometimes referred to as "lazy yoga" – is experienced on a large floor mat. Both client and therapist dress in workout wear. The therapist spends the next 90 minutes using her body to rock, manipulate and stretch mine – the aim being to reduce muscle tension and increase flexibility. Even though I am the passive partner, it is a surprisingly interactive treatment. The therapist pulls, contorts and massages me into a series of very satisfying – and sometimes challenging – stretches. At the end of 90 minutes (it goes by quickly!), I'm doubly glowing: I have the endorphin rush of a nice workout and the soothing calmness of a good massage. Perfection.

FEE: \$180 for 90 minutes
vidawellness.com

