

PARADISE, HOME AND AWAY

EACH ISSUE, WE TAKE YOU ON A JOURNEY—IF NOT IN BODY, THEN IN MIND—

TO UNIQUE SPAS BOTH HERE AND ABROAD BY MARGARET SWAINE



Mövenpick Resort & Spa Dead Sea/ Zara Spa *Jordan*

I found that the Zara Spa takes full advantage of its prime location on the Dead Sea, recognized for thousands of years for its curative properties. Along with an infinity pool (unheated), the spa offers heated outdoor and indoor treatment pools at a range of temperatures and Dead Sea saline concentrations. A soak in these pools made my skin feel as soft as a baby's bum. Afterwards, I went for the scalp-revitalizing treatment—a Dead Sea mud was massaged onto my head, then secured under a cap. I baked in a steam room for 15 minutes, then had a healing mud facial. My complexion was bright and blemish-free. As for my hair, it felt silky for days and my scalp was soothed. Between treatments, I had the phenomenal experience of visiting nearby Petra, the ancient city of rose-red stone and a UNESCO World Heritage Site. (Zaraspa.com)

Post Hotel & Spa *Alberta*

When I first stayed at this charming hotel in the village of Lake Louise in the Rockies, I couldn't really afford it—but I enjoyed every penny I spent. Run like clockwork by Swiss-born brothers André and George Schwarz, the Post features a gorgeous feast of local-based food, a comprehensive wine cellar and spectacular scenery. In 2005, the Post added a spa, where downhill skiers flock to soothe their aching muscles with massages after a day on the slopes. Snowshoe enthusiasts, and backcountry and cross-country skiers also come to be pampered by its signature Temple Glacier Renewal, a 75-minute head-to-toe anti-aging treatment that uses products from Vancouver's Ancient Secrets spa line. Recently, I returned to the Post after backcountry skiing. I felt like I'd landed in the lap of luxury just sitting by the fireplace having tea and exquisite house-baked pastries. (Posthotel.com)

Above: A hydro-pool overlooks the Dead Sea at Zara Spa in Jordan. Right: At Post Hotel & Spa in Alberta, the rejuvenating saltwater whirl-pool features a view of the Rocky Mountains.



BRING HOME THE SPA

Ancient Secrets Seaweed Body Butter is a light, non-greasy body moisturizer made with essential oils as well as fresh seaweed. (\$33, 240 mL.)

◆ For where to buy, see page 95

