



At Acqua Spa in Chile (left), some of the rooms overlook the Pacific Ocean. Shown here: the "Rose Petal Tub" treatment.

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

The Spa at the Fairmont Algonquin

New Brunswick

I remember as a child going with my grandparents to St. Andrews-by-the-Sea and being in awe of the castle-like Algonquin hotel overlooking Passamaquoddy Bay. Returning to the famous Tudor-style hotel last year on a golf trip triggered rich memories of the smell of the sea and the delicious taste of fresh lobster, mussels and clams. I took a dip in the outdoor heated pool and booked some appointments at the spa. It offers massages for muscles that might be sore from golf or tennis (both available on hotel property), chocolate body treatments and a variety of facials. My sensitive skin tends to redden so I went for the Rosacea Professional facial, which uses Pevonia Botanica SPA products designed to heal and rejuvenate problem skin. I liked them so much, I purchased the line to bring home. (fairmont.com/algoinquin)

Join Tell us about your favourite spa or spa experience at besthealthmag.ca/forum.

Acqua Spa Chile

I stopped overnight at Chile's Radisson Acqua Hotel & Spa near Viña del Mar on the Pacific Ocean (a favourite vacation area for Chileans and about a 90-minute drive from the Santiago airport) en route to some of the country's beautiful wine regions. An amazing "tea ritual" combined with body treatment and massage given by a skilled therapist began with me sniffing several herbs to pick my favourite. I chose rosemary, which meant I needed to replenish energy, I was told. True—the flight from Canada to Chile had depleted me. After a cup of rosemary tea and a rosemary-and-oil body scrub, I showered off and sank into a remarkable massage. It incorporated lymphatic drainage, reflexology and muscle-stretching movements to stimulate and detoxify my body. That night I slept with my windows open, breathing in the sea air. (radisson.cl/concor_en.html)

Travel plans

- Check The Fairmont Algonquin website for special offers this year in celebration of the hotel's 120th anniversary.
- Air Canada offers direct flights to Santiago via Toronto. (aircanada.com)



BRING HOME THE SPA

Soothe your skin with Pevonia Botanica Ligna Rosa skin care, used at The Spa at The Fairmont Algonquin in New Brunswick. This travel kit comes with its own pouch. (\$54)

► For when to buy, see page 98

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