

GLACIAL
PURIFYING CLEANSER
soothing pine
NETTOWANT
PURIFIANT GLACIARE
sans sulfates



THE EAST/WEST EXPERIENCE

WHERE: Chi, The Spa at the Shangri-La Hotel, Vancouver (www.shangri-la.com)
WHY GO: Been there, buffed that? Spa aficionados looking for the ultimate indulgence should check into Chi. For this spa lover, who has been pampered worldwide, it's simply one of the very best. You'll be tempted to move into one of the ultraluxe treatment rooms (the size of an intimate Vancouver condo), decorated in a rich blend of West Coast and Asian influences—and each comes with its own bathroom and fireplace. Several treatments feature locally sourced ingredients (such as Pacific sea salt and British Columbia glacial clay) and start with soothing Asian rituals, including a cleansing footbath. A signature treatment, the 90-minute Jade Jewel Facial, uses a specially crafted jade tool to massage away tension and stress from jetlagged skin. In Chinese philosophy, chi represents the universal life force that governs individual well-being and personal vitality. In Vancouver, that also translates into pure bliss. —*Lisa Tant*

FLARE'S TAKE-HOME

TIP: Detox skin with Canadian glacial clay, rich in minerals. Beauty Through Balance by Ancient Secrets Glacial Purifying Cleanser, \$25, freshens with a clay and green-tea recipe.